



## Crockpot Chicken and Dumplings

READY IN



45 min.

SERVINGS



6

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 large chicken breast boneless skinless (I used 2 very large ones)
- 2 tablespoons butter
- 2 cans cream of chicken soup
- 1 can chicken broth
- 1 onion diced
- 1 tablespoon parsley dried
- 4 grands flaky refrigerator biscuits

### Equipment

slow cooker

## Directions

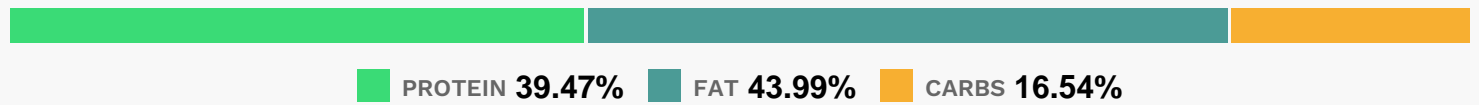
Place chicken in the crock pot.

Add butter, cream of chicken soup, chicken broth, diced onion, and parsley.

Cook on high for 4–6 hours or low for 8–1

30 minutes before chicken is finished cooking, cut biscuits into 9 pieces and add to crock pot. Gently stir to coat biscuits. Continue to cook for 30 minutes, then serve!

## Nutrition Facts



## Properties

Glycemic Index:30.67, Glycemic Load:6.18, Inflammation Score:-5, Nutrition Score:15.426956521739%

## Flavonoids

Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

## Taste

Sweetness: 13.2%, Saltiness: 100%, Sourness: 13.3%, Bitterness: 16.45%, Savoriness: 69.63%, Fattiness: 69.98%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 335.51kcal (16.78%), Fat: 16.08g (24.73%), Saturated Fat: 5.79g (36.21%), Carbohydrates: 13.61g (4.54%), Net Carbohydrates: 13.12g (4.77%), Sugar: 2.79g (3.1%), Cholesterol: 101.07mg (33.69%), Sodium: 1002.58mg (43.59%), Protein: 32.45g (64.91%), Vitamin B3: 12.97mg (64.84%), Selenium: 42.59µg (60.84%), Vitamin B6: 0.92mg (45.82%), Phosphorus: 313.49mg (31.35%), Vitamin B5: 1.86mg (18.57%), Potassium: 543mg (15.51%), Vitamin B2: 0.22mg (12.73%), Iron: 2.08mg (11.57%), Zinc: 1.57mg (10.44%), Magnesium: 41.66mg (10.42%), Vitamin K: 10.55µg (10.04%), Copper: 0.19mg (9.35%), Manganese: 0.17mg (8.55%), Vitamin B1: 0.12mg (7.89%), Vitamin A: 385.58IU (7.71%), Vitamin E: 1.14mg (7.57%), Vitamin B12: 0.45µg (7.43%), Folate: 16.6µg (4.15%), Vitamin C: 3.23mg (3.92%), Calcium: 32.85mg (3.28%), Fiber: 0.49g (1.95%)