



## Easiest Ever Chicken and Dumplings

 Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



345 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 7.5 oz biscuits refrigerated pillsbury® canned
- 37.2 oz cream of chicken soup hearty pie style progresso® canned

### Equipment

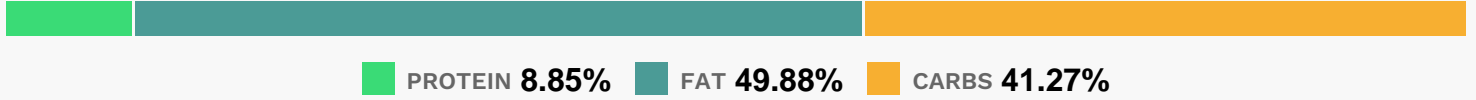
- frying pan

### Directions

- In 10-inch nonstick skillet, heat soup over medium heat, stirring occasionally, until bubbly.

- Separate dough into 10 biscuits; cut each into quarters.
- Place biscuit quarters on top of hot soup. Simmer uncovered 10 minutes.
- Cover; simmer an additional 8 to 10 minutes or until biscuits are no longer doughy.
- Sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:21.6, Glycemic Load:19.54, Inflammation Score:-4, Nutrition Score:8.6282608612724%

## Nutrients (% of daily need)

Calories: 345.04kcal (17.25%), Fat: 19.19g (29.52%), Saturated Fat: 4.64g (28.99%), Carbohydrates: 35.73g (11.91%), Net Carbohydrates: 35.17g (12.79%), Sugar: 2.62g (2.91%), Cholesterol: 17.3mg (5.77%), Sodium: 1881.24mg (81.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.66g (15.31%), Phosphorus: 248.24mg (24.82%), Iron: 3.64mg (20.22%), Selenium: 12µg (17.15%), Manganese: 0.31mg (15.51%), Copper: 0.31mg (15.26%), Vitamin B1: 0.21mg (13.93%), Vitamin B2: 0.22mg (13.01%), Vitamin E: 1.7mg (11.34%), Vitamin B3: 2.25mg (11.26%), Vitamin K: 10.39µg (9.9%), Folate: 33.99µg (8.5%), Vitamin A: 384.73IU (7.69%), Potassium: 198.61mg (5.67%), Zinc: 0.82mg (5.44%), Vitamin B5: 0.53mg (5.33%), Calcium: 50.37mg (5.04%), Magnesium: 15.67mg (3.92%), Fiber: 0.55g (2.21%)