



Easy Chicken and Dumplings

READY IN



45 min.

SERVINGS



6

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce baby carrots
- 2.3 cups baking mix bisquick® (such as)
- 1 bay leaf
- 2 stalks celery chopped
- 32 ounce chicken broth
- 6 servings salt and ground pepper black to taste
- 0.7 cup milk
- 1 onion chopped
- 4 chicken breast halves boneless skinless as needed cubed

Equipment

bowl

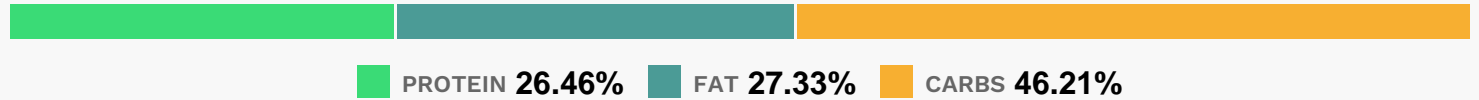
pot

Directions

Combine chicken broth, chicken breast cubes, onion, carrots, celery, bay leaf, salt, and pepper in a large pot; bring to a boil. Reduce heat, cover pot, and simmer until chicken is no longer pink in the center and the vegetables are tender, 20 to 25 minutes.

Mix baking mix and milk in a bowl until dough is sticky; drop golf ball-sized pieces of dough into the soup. Cover pot and cook until dumplings are cooked through, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.93, Inflammation Score:-10, Nutrition Score:22.524347844331%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 339.78kcal (16.99%), Fat: 10.21g (15.71%), Saturated Fat: 2.77g (17.3%), Carbohydrates: 38.83g (12.94%), Net Carbohydrates: 35.14g (12.78%), Sugar: 11.75g (13.06%), Cholesterol: 55.39mg (18.46%), Sodium: 1303.22mg (56.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.24g (44.48%), Vitamin A: 10558.22IU (211.16%), Vitamin B3: 10.75mg (53.73%), Phosphorus: 484.74mg (48.47%), Selenium: 29.43µg (42.05%), Vitamin B6: 0.73mg (36.34%), Vitamin B1: 0.39mg (25.86%), Vitamin B2: 0.44mg (25.8%), Folate: 88.01µg (22%), Manganese: 0.4mg (20.03%), Vitamin B5: 1.95mg (19.46%), Potassium: 661.98mg (18.91%), Calcium: 158.03mg (15.8%), Fiber: 3.69g (14.77%), Vitamin K: 14.41µg (13.72%), Iron: 2.39mg (13.26%), Magnesium: 46.65mg (11.66%), Copper: 0.2mg (10.07%), Vitamin B12: 0.5µg (8.38%), Zinc: 1.1mg (7.35%), Vitamin C: 4.78mg (5.8%), Vitamin D: 0.37µg (2.49%), Vitamin E: 0.32mg (2.11%)