



Easy Chicken and Dumplings

READY IN



30 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups skim milk fat-free (skim)
- 1 cup peas-carrots mix shopping list frozen
- 1 cup roasted chicken cooked
- 10.8 oz cream of mushroom soup canned
- 1 cup baking mix bisquick heart smart®
- 0.3 cup skim milk fat-free (skim)
- 1 serving paprika

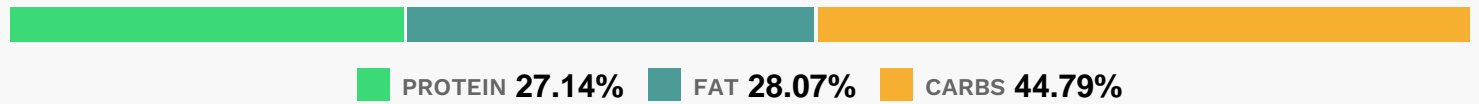
Equipment

- bowl
- sauce pan

Directions

- In 3-quart saucepan, heat 1 1/2 cups milk, the frozen peas and carrots, chicken and soup to boiling.
- In small bowl, stir together Bisquick® mix and 1/3 cup milk until soft dough forms. Drop dough by 8 spoonfuls onto chicken mixture (do not drop directly into liquid).
- Sprinkle with paprika.
- Cook uncovered over low heat 10 minutes. Cover and cook 10 minutes longer.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:1.84, Inflammation Score:-10, Nutrition Score:17.530435054199%

Nutrients (% of daily need)

Calories: 291.46kcal (14.57%), Fat: 9.09g (13.98%), Saturated Fat: 2.83g (17.7%), Carbohydrates: 32.62g (10.87%), Net Carbohydrates: 30.47g (11.08%), Sugar: 9.22g (10.24%), Cholesterol: 34.03mg (11.34%), Sodium: 1023.26mg (44.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.77g (39.54%), Vitamin A: 3814.84IU (76.3%), Phosphorus: 407.52mg (40.75%), Vitamin B3: 5.48mg (27.42%), Vitamin B2: 0.41mg (24.11%), Vitamin B1: 0.34mg (22.7%), Calcium: 219.77mg (21.98%), Manganese: 0.43mg (21.5%), Selenium: 13.56µg (19.37%), Vitamin B12: 0.99µg (16.53%), Vitamin B6: 0.31mg (15.4%), Zinc: 2.26mg (15.06%), Folate: 59.67µg (14.92%), Potassium: 491.88mg (14.05%), Copper: 0.26mg (12.77%), Iron: 2.28mg (12.64%), Vitamin B5: 1.23mg (12.33%), Magnesium: 40.85mg (10.21%), Fiber: 2.15g (8.59%), Vitamin D: 1.24µg (8.23%), Vitamin C: 4.01mg (4.87%), Vitamin K: 2.35µg (2.24%), Vitamin E: 0.18mg (1.23%)