



Easy Chicken and Dumplings

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.2 oz biscuits refrigerated canned
- ☐ 2 carrots diced
- ☐ 3 rib celery diced
- ☐ 10.8 oz cream of chicken soup reduced-fat canned
- ☐ 32 oz chicken broth low-sodium
- ☐ 0.3 teaspoon poultry seasoning
- ☐ 1.5 lb meat from a rotisserie chicken shredded cooked

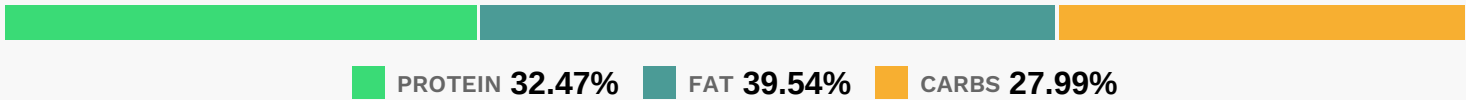
Equipment

☐ dutch oven

Directions

- ☐ Bring first 4 ingredients to a boil in a Dutch oven over medium-high heat. Cover, reduce heat to low, and simmer, stirring occasionally, 5 minutes. Increase heat to medium-high; return to a low boil.
- ☐ Place biscuits on a lightly floured surface.
- ☐ Roll or pat each biscuit to 1/8-inch thickness; cut into 1/2-inch-wide strips.
- ☐ Drop strips, 1 at a time, into boiling broth mixture.
- ☐ Add carrots and celery. Cover, reduce heat to low, and simmer 15 to 20 minutes, stirring occasionally to prevent dumplings from sticking.

Nutrition Facts



Properties

Glycemic Index:31.14, Glycemic Load:17, Inflammation Score:-9, Nutrition Score:19.983912892964%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 443.85kcal (22.19%), Fat: 19.36g (29.79%), Saturated Fat: 4.39g (27.47%), Carbohydrates: 30.84g (10.28%), Net Carbohydrates: 29.63g (10.77%), Sugar: 3.12g (3.47%), Cholesterol: 89.59mg (29.86%), Sodium: 955.42mg (41.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.78g (71.56%), Vitamin A: 3541.23IU (70.82%), Vitamin B3: 13.03mg (65.13%), Selenium: 37.95µg (54.21%), Phosphorus: 493.44mg (49.34%), Vitamin B6: 0.53mg (26.61%), Vitamin B2: 0.39mg (22.85%), Iron: 3.91mg (21.72%), Vitamin B1: 0.3mg (19.76%), Potassium: 589.49mg (16.84%), Zinc: 2.31mg (15.37%), Vitamin B5: 1.4mg (14.01%), Manganese: 0.28mg (13.9%), Copper: 0.26mg (12.84%), Folate: 44.58µg (11.15%), Magnesium: 38.23mg (9.56%), Vitamin B12: 0.55µg (9.13%), Vitamin K: 7.56µg (7.2%), Vitamin E: 1.05mg (6.98%), Calcium: 58.12mg (5.81%), Fiber: 1.21g (4.85%), Vitamin C: 1.28mg (1.55%)