



Easy Chicken and Dumplings with Vegetables

 Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups baby carrots chopped
- 10 ounce biscuit dough refrigerated separated chopped canned
- 4 stalks celery chopped
- 1 tablespoon rosemary dried
- 2 tablespoons thyme leaves dried
- 1 teaspoon ground pepper black
- 1 large onion chopped
- 2 teaspoons salt

4 chicken breast halves boneless skinless chopped

8 cups water

Equipment

pot

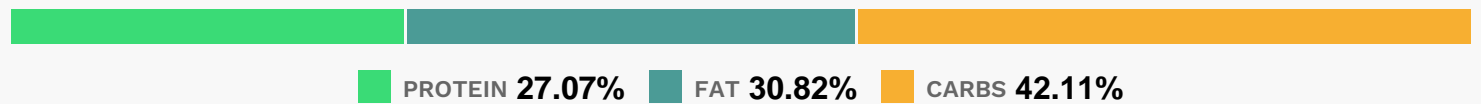
Directions

Combine water, carrots, onion, celery, thyme, rosemary, salt, and black pepper in a large pot; bring to a boil. Reduce heat and simmer until vegetables are tender, about 15 minutes.

Add chicken to soup and cook until no longer pink in the center, about 10 minutes.

Drop biscuit pieces into soup and cook until dumplings are cooked through, 10 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:22.6, Glycemic Load:9.13, Inflammation Score:-10, Nutrition Score:13.730869378733%

Flavonoids

Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 175.58kcal (8.78%), Fat: 6.02g (9.26%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 18.5g (6.17%), Net Carbohydrates: 16.45g (5.98%), Sugar: 3.07g (3.41%), Cholesterol: 29.21mg (9.74%), Sodium: 827.99mg (36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.9g (23.79%), Vitamin A: 3654.26IU (73.09%), Vitamin B3: 5.92mg (29.6%), Selenium: 20.22µg (28.89%), Phosphorus: 234.24mg (23.42%), Vitamin K: 22.45µg (21.38%), Vitamin B6: 0.42mg (20.85%), Manganese: 0.29mg (14.29%), Iron: 2.46mg (13.69%), Vitamin B1: 0.17mg (11.55%), Potassium: 366.09mg (10.46%), Folate: 40.01µg (10%), Vitamin B2: 0.15mg (9.1%), Vitamin B5: 0.89mg (8.92%), Fiber: 2.05g (8.21%), Magnesium: 26.84mg (6.71%), Calcium: 58.73mg (5.87%), Copper: 0.11mg (5.7%), Vitamin C: 3.34mg (4.04%), Vitamin E: 0.57mg (3.79%), Zinc: 0.57mg (3.78%), Vitamin B12: 0.13µg (2.17%)