



Gluten-Free Chicken and Dumplings

 Popular

READY IN



35 min.

SERVINGS



4

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups chicken broth
- ☐ 1.5 cups roasted chicken cooked
- ☐ 1 cup savory vegetable mixed frozen
- ☐ 1 teaspoon lawry's seasoned salt gluten-free
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup milk
- ☐ 3 tablespoons cornstarch
- ☐ 0.8 cup pancake mix gluten free

- ☐ 0.3 cup milk
- ☐ 2 tablespoons butter melted
- ☐ 1 eggs
- ☐ 1 tablespoon parsley fresh chopped

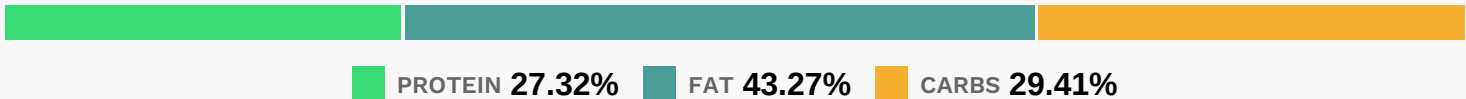
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In 3-quart saucepan, heat chicken broth, chicken, vegetables, salt, and pepper to boiling. In small bowl, mix 1 cup milk and the cornstarch with wire whisk until smooth; stir into chicken mixture.
- ☐ Heat just to boiling.
- ☐ In small bowl, stir dumpling ingredients with fork until blended. Gently drop dough by 8 rounded spoonfuls onto boiling chicken mixture.
- ☐ Cook uncovered over low heat 10 minutes. Cover and cook 15 minutes longer.

Nutrition Facts



Properties

Glycemic Index:58.75, Glycemic Load:3.41, Inflammation Score:-9, Nutrition Score:15.809565264246%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 317kcal (15.85%), Fat: 15.24g (23.45%), Saturated Fat: 6.97g (43.57%), Carbohydrates: 23.32g (7.77%), Net Carbohydrates: 20.91g (7.61%), Sugar: 4.6g (5.11%), Cholesterol: 125.35mg (41.78%), Sodium: 1402.79mg (60.99%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.66g (43.32%), Vitamin A: 2846.9IU (56.94%), Phosphorus: 316.98mg (31.7%), Selenium: 21.24µg (30.35%), Vitamin B3: 5.44mg (27.2%), Vitamin B2: 0.44mg (26.14%), Calcium: 186.25mg (18.62%), Vitamin B6: 0.35mg (17.72%), Vitamin K: 17.37µg (16.54%), Vitamin B1: 0.22mg (14.61%), Vitamin B12: 0.81µg (13.56%), Potassium: 437.99mg (12.51%), Manganese: 0.25mg (12.51%), Vitamin B5: 1.21mg (12.06%), Zinc: 1.79mg (11.92%), Magnesium: 40.9mg (10.23%), Iron: 1.79mg (9.94%), Fiber: 2.4g (9.61%), Folate: 31.52µg (7.88%), Vitamin C: 6.21mg (7.53%), Vitamin D: 1.11µg (7.43%), Copper: 0.12mg (6.05%), Vitamin E: 0.39mg (2.57%)