



Grands!® Chicken and Dumplings

READY IN



45 min.

SERVINGS



8

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16.3 ounce grands!® biscuits refrigerated southern style pillsbury® canned
- ☐ 10.5 ounce condensed chicken broth canned
- ☐ 2.5 cups meat from a rotisserie chicken cubed cooked
- ☐ 0.7 cup flour
- ☐ 8 servings parsley fresh chopped
- ☐ 1.5 cups vegetables mixed frozen thawed
- ☐ 0.3 cup butter
- ☐ 0.5 cup onion chopped
- ☐ 3 drops pepper sauce hot

- ☐ 0.5 teaspoon salt
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 cup water

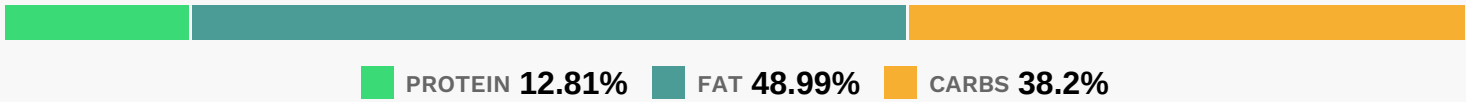
Equipment

- ☐ frying pan
- ☐ measuring cup

Directions

- ☐ Melt margarine in large heavy skillet.
- ☐ Add onion; cook and stir until tender. Lightly spoon flour into measuring cup; level off.
- ☐ Add flour and salt to skillet; stir until smooth.
- ☐ Add broth, water and hot pepper sauce; cook until bubbly and thickened, stirring constantly. Stir in chicken, mixed vegetables and sour cream. Simmer over low heat until thoroughly heated.
- ☐ Separate dough into 8 biscuits; cut each in half.
- ☐ Place biscuit halves on top of hot chicken mixture. Simmer, uncovered, 10 minutes.
- ☐ Cover; simmer an additional 15 to 20 minutes or until biscuits are no longer doughy.
- ☐ Sprinkle with parsley and paprika.

Nutrition Facts



Properties

Glycemic Index:30.38, Glycemic Load:30.55, Inflammation Score:-9, Nutrition Score:17.9599999944853%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 545.36kcal (27.27%), Fat: 29.72g (45.73%), Saturated Fat: 9.62g (60.14%), Carbohydrates: 52.15g (17.38%), Net Carbohydrates: 49.45g (17.98%), Sugar: 14.11g (15.68%), Cholesterol: 50.52mg (16.84%), Sodium: 626.18mg (27.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.49g (34.98%), Vitamin K: 72.47µg (69.01%), Vitamin A: 2571.85IU (51.44%), Vitamin B3: 6.56mg (32.8%), Selenium: 19.28µg (27.54%), Vitamin B1: 0.38mg (25.13%), Vitamin B2: 0.41mg (23.88%), Manganese: 0.45mg (22.46%), Folate: 87.73µg (21.93%), Iron: 3.38mg (18.76%), Phosphorus: 183.74mg (18.37%), Vitamin B6: 0.29mg (14.32%), Vitamin C: 10.16mg (12.32%), Vitamin E: 1.79mg (11.95%), Fiber: 2.7g (10.8%), Potassium: 317.45mg (9.07%), Zinc: 1.36mg (9.06%), Magnesium: 34.53mg (8.63%), Vitamin B5: 0.84mg (8.36%), Copper: 0.15mg (7.46%), Calcium: 64.33mg (6.43%), Vitamin B12: 0.2µg (3.36%)