



HEALTH SCORE

53%

Hearty Chicken Stew with Dumplings (Cooking for 2)

READY IN



30 min.

SERVINGS



3

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups broccoli frozen (from 1-lb bag)
- ☐ 1 cup chicken breast strips/pre-cooked/chopped cooked
- ☐ 0.8 cup water
- ☐ 1 tablespoon catsup
- ☐ 0.5 teaspoon seasoning italian
- ☐ 0.1 teaspoon garlic salt
- ☐ 0.1 teaspoon pepper
- ☐ 14.5 oz canned tomatoes undrained canned

- ☐ 1 cup baking mix bisquick heart smart®
- ☐ 0.3 cup skim milk fat-free (skim)
- ☐ 0.5 teaspoon parsley
- ☐ 0.1 teaspoon garlic salt

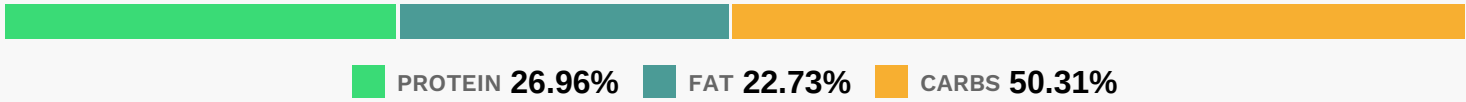
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In 2-quart saucepan, heat vegetables, chicken, water, ketchup, Italian seasoning, 1/8 teaspoon garlic salt, the pepper and tomatoes to boiling, stirring occasionally.
- ☐ In small bowl, stir Bisquick® mix, milk, parsley flakes and 1/8 teaspoon garlic salt until soft dough forms. Drop by 6 spoonfuls onto boiling stew; reduce heat.
- ☐ Simmer uncovered 10 minutes; cover and simmer 10 minutes longer.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:4.02, Inflammation Score:-8, Nutrition Score:26.192174061485%

Flavonoids

Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 4.6mg, Kaempferol: 4.6mg, Kaempferol: 4.6mg, Kaempferol: 4.6mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 327.44kcal (16.37%), Fat: 8.47g (13.03%), Saturated Fat: 2.2g (13.75%), Carbohydrates: 42.2g (14.07%), Net Carbohydrates: 37.05g (13.47%), Sugar: 14.14g (15.71%), Cholesterol: 41.28mg (13.76%), Sodium: 998.6mg (43.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.61g (45.21%), Vitamin C: 65.29mg (79.14%), Vitamin K: 72.43µg (68.98%), Vitamin B3: 10.39mg (51.93%), Phosphorus: 454.09mg (45.41%), Vitamin B6: 0.65mg (32.31%),

Vitamin B1: 0.42mg (28.24%), Manganese: 0.55mg (27.65%), Folate: 108.47µg (27.12%), Selenium: 18.77µg (26.81%), Vitamin B2: 0.41mg (24.36%), Potassium: 836.84mg (23.91%), Iron: 3.96mg (21.98%), Fiber: 5.15g (20.6%), Calcium: 197.22mg (19.72%), Copper: 0.38mg (19.09%), Magnesium: 68.88mg (17.22%), Vitamin E: 2.48mg (16.56%), Vitamin B5: 1.63mg (16.25%), Vitamin A: 759.12IU (15.18%), Zinc: 1.47mg (9.77%), Vitamin B12: 0.47µg (7.88%), Vitamin D: 0.35µg (2.31%)