



WHATSheATE



Mustardy Chicken and Dumplings



Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1.3 lb chicken breast boneless skinless cut into bite-size pieces
- ☐ 0.5 cup onion chopped
- ☐ 2 cups milk
- ☐ 2 cups savory vegetable mixed frozen
- ☐ 10.8 oz cream of chicken soup canned
- ☐ 1 tablespoon mustard yellow
- ☐ 1.5 cups frangelico

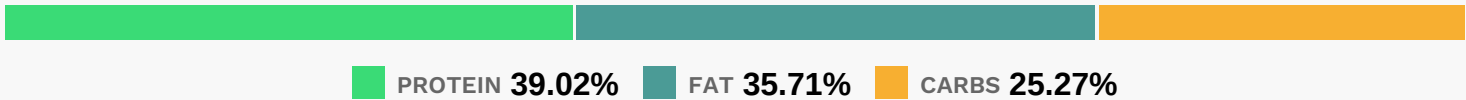
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ In 4-quart Dutch oven, heat oil over medium-high heat.
- ☐ Add chicken and onion; cook 6 to 8 minutes, stirring occasionally, until chicken is no longer pink in center and onion is tender.
- ☐ Stir in 1 1/2 cups of the milk, the mixed vegetables, soup and mustard.
- ☐ Heat to boiling.
- ☐ In small bowl, stir Bisquick mix and remaining 1/2 cup milk until soft dough forms. Drop dough by 6 spoonfuls onto chicken mixture; reduce heat to low. Cover; cook 20 minutes.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:5.87, Inflammation Score:-9, Nutrition Score:18.75739105888%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 267.96kcal (13.4%), Fat: 10.66g (16.4%), Saturated Fat: 3.33g (20.8%), Carbohydrates: 16.98g (5.66%), Net Carbohydrates: 14.22g (5.17%), Sugar: 4.79g (5.32%), Cholesterol: 74.3mg (24.77%), Sodium: 553.64mg (24.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.21g (52.42%), Vitamin A: 3335.25IU (66.7%), Vitamin B3: 10.93mg (54.65%), Selenium: 33.91µg (48.44%), Vitamin B6: 0.83mg (41.67%), Phosphorus: 338.7mg (33.87%), Vitamin B5: 1.87mg (18.7%), Potassium: 648.36mg (18.52%), Vitamin B2: 0.29mg (16.88%), Magnesium: 53.45mg (13.36%), Vitamin B1: 0.2mg (13.17%), Calcium: 131.68mg (13.17%), Manganese: 0.23mg (11.38%), Fiber: 2.76g (11.04%), Vitamin B12: 0.63µg (10.47%), Vitamin C: 8.49mg (10.29%), Zinc: 1.34mg (8.94%), Iron: 1.53mg (8.51%), Copper: 0.15mg (7.74%), Vitamin D: 0.99µg (6.59%), Vitamin K: 6.77µg (6.45%), Folate: 25.1µg (6.27%), Vitamin E: 0.69mg (4.61%)