



Quick and Super Easy Chicken and Dumplings

READY IN



20 min.

SERVINGS



6

CALORIES



628 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.3 cups biscuit baking mix
- ☐ 20 ounce meat from a rotisserie chicken chunk drained canned
- ☐ 28 ounce chicken broth canned
- ☐ 0.7 cup milk

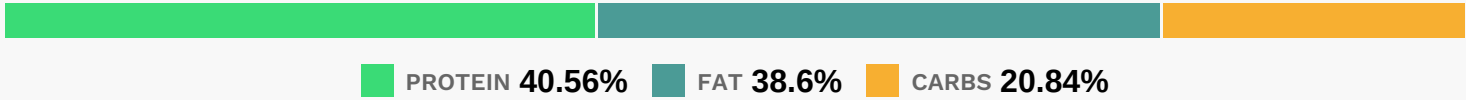
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ In a medium bowl, stir together the biscuit mix and milk just until it pulls together. Set aside.
- ☐ Pour the cans of chicken broth into a saucepan along with the chicken; bring to a boil. Once the broth is at a steady boil, take a handful of biscuit dough and flatten it in your hand. Tear off 1 to 2 inch pieces and drop them into the boiling broth. Make sure they are fully immersed at least for a moment. Once all of the dough is in the pot, carefully stir so that the newest dough clumps get covered by the broth. Cover, and simmer over medium heat for about 10 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:0.48, Inflammation Score:-6, Nutrition Score:19.628695525553%

Nutrients (% of daily need)

Calories: 628.44kcal (31.42%), Fat: 26.17g (40.26%), Saturated Fat: 7.39g (46.2%), Carbohydrates: 31.79g (10.6%), Net Carbohydrates: 30.85g (11.22%), Sugar: 6.55g (7.27%), Cholesterol: 117.55mg (39.18%), Sodium: 1677.66mg (72.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.87g (123.74%), Selenium: 45.62µg (65.17%), Phosphorus: 637.63mg (63.76%), Vitamin B12: 2.59µg (43.16%), Zinc: 6.05mg (40.34%), Vitamin B3: 7.52mg (37.58%), Vitamin B2: 0.46mg (27.11%), Vitamin B6: 0.48mg (24.08%), Iron: 4.19mg (23.3%), Vitamin B1: 0.27mg (18.26%), Folate: 60.79µg (15.2%), Calcium: 145.65mg (14.56%), Magnesium: 57.59mg (14.4%), Potassium: 461.01mg (13.17%), Copper: 0.18mg (9.15%), Vitamin A: 447.15IU (8.94%), Vitamin K: 8.22µg (7.83%), Manganese: 0.15mg (7.7%), Vitamin E: 0.8mg (5.32%), Vitamin B5: 0.5mg (4.99%), Fiber: 0.94g (3.78%), Vitamin D: 0.52µg (3.5%)