



Quick Chicken and Dumplings



Gluten Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups milk
- ☐ 1 cup peas-carrots mix shopping list frozen
- ☐ 1 cup roasted chicken cooked chopped
- ☐ 10.5 oz cream of chicken soup canned
- ☐ 0.3 cup milk
- ☐ 1 serving paprika
- ☐ 1 cup frangelico

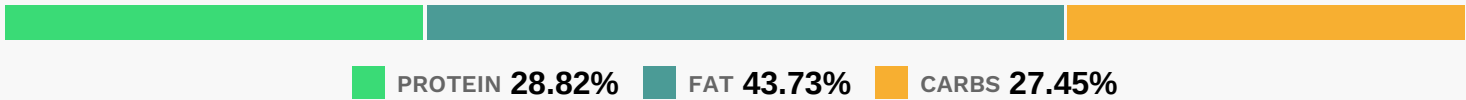
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In 3-quart saucepan, place 1 1/2 cups milk, the frozen peas and carrots, chicken and soup.
- ☐ Heat to boiling over high heat, stirring frequently. Reduce to a simmer.
- ☐ In medium bowl, mix Bisquick mix and 1/3 cup milk until soft dough forms. Gently drop dough by 8 spoonfuls onto chicken mixture. Do not submerge dumplings in liquid.
- ☐ Sprinkle with paprika.
- ☐ Simmer over low heat 10 minutes. Cover; cook 8 to 12 minutes longer or until dumplings are cooked through.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:4.29, Inflammation Score:-9, Nutrition Score:12.917391144711%

Nutrients (% of daily need)

Calories: 212.49kcal (10.62%), Fat: 10.42g (16.03%), Saturated Fat: 4.02g (25.1%), Carbohydrates: 14.72g (4.91%), Net Carbohydrates: 13.36g (4.86%), Sugar: 5.83g (6.48%), Cholesterol: 45.62mg (15.21%), Sodium: 619.15mg (26.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.45g (30.91%), Vitamin A: 3901.18IU (78.02%), Phosphorus: 225.79mg (22.58%), Vitamin B3: 3.71mg (18.56%), Selenium: 12.6µg (18%), Calcium: 162.77mg (16.28%), Vitamin B2: 0.27mg (16.15%), Vitamin B6: 0.26mg (12.89%), Vitamin B12: 0.71µg (11.76%), Vitamin B1: 0.16mg (10.81%), Potassium: 363.66mg (10.39%), Vitamin B5: 0.98mg (9.82%), Iron: 1.7mg (9.44%), Zinc: 1.41mg (9.4%), Vitamin D: 1.23µg (8.2%), Magnesium: 30.94mg (7.73%), Manganese: 0.15mg (7.56%), Copper: 0.15mg (7.55%), Fiber: 1.36g (5.46%), Vitamin C: 4mg (4.85%), Vitamin E: 0.6mg (4.02%), Folate: 16.08µg (4.02%), Vitamin K: 3.79µg (3.61%)