



Quick Chicken and Dumplings

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7.5 ounce biscuits refrigerated canned
- 2 teaspoons chicken soup base
- 3 cups roasted chicken cooked chopped
- 21.5 ounce cream of chicken soup undiluted canned
- 1 teaspoon pepper
- 4 cups water

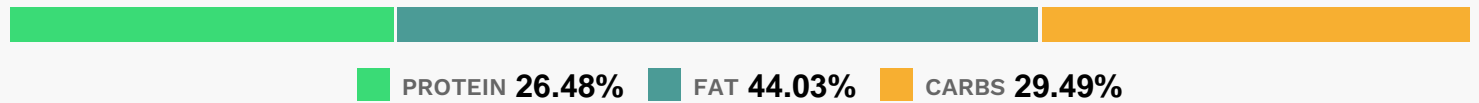
Equipment

- dutch oven

Directions

- Bring first 5 ingredients to a boil in a Dutch oven over medium-high heat, stirring often.
- Separate biscuits in half, forming 2 rounds; cut each round in half. Drop biscuit pieces, 1 at a time, into boiling mixture; stir gently. Cover, reduce heat to low, and simmer, stirring occasionally, 15 to 20 minutes.
- To lighten: Use reduced-sodium, reduced-fat cream of chicken soup; reduced-fat biscuits; and chopped, cooked chicken breast halves.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:14.04, Inflammation Score:-3, Nutrition Score:11.41434781966%

Nutrients (% of daily need)

Calories: 340.29kcal (17.01%), Fat: 16.45g (25.31%), Saturated Fat: 3.9g (24.38%), Carbohydrates: 24.79g (8.26%), Net Carbohydrates: 24.25g (8.82%), Sugar: 1.9g (2.11%), Cholesterol: 61.07mg (20.36%), Sodium: 1266.57mg (55.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.27g (44.54%), Selenium: 26.02µg (37.16%), Vitamin B3: 7.12mg (35.61%), Phosphorus: 319.9mg (31.99%), Iron: 3.13mg (17.4%), Vitamin B6: 0.31mg (15.26%), Vitamin B2: 0.26mg (15.09%), Vitamin B1: 0.21mg (13.93%), Manganese: 0.26mg (13.17%), Copper: 0.23mg (11.45%), Zinc: 1.55mg (10.33%), Vitamin B5: 0.99mg (9.9%), Potassium: 295.95mg (8.46%), Folate: 30.61µg (7.65%), Magnesium: 27.31mg (6.83%), Vitamin E: 1.02mg (6.82%), Vitamin K: 6.16µg (5.87%), Calcium: 47.44mg (4.74%), Vitamin A: 216.13IU (4.32%), Vitamin B12: 0.25µg (4.24%), Fiber: 0.55g (2.18%)