



Quick Chicken and Dumplings

READY IN



20 min.

SERVINGS



4

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon flour all-purpose
- ☐ 8 6-inch flour tortillas cut into 1/2-inch-wide strips ()
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 10 ounce vegetables mixed frozen thawed
- ☐ 14 ounce lower-sodium chicken broth fat-free canned
- ☐ 0.5 cup prechopped onion

- ☐ 2 cups roasted boneless skinless chopped
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups water

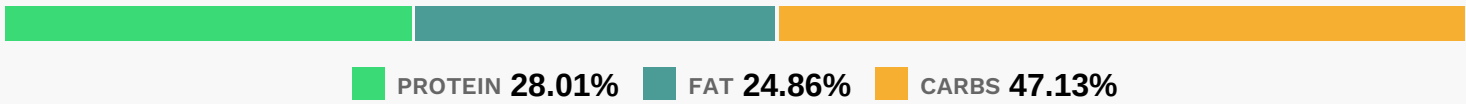
Equipment

- ☐ sauce pan

Directions

- ☐ Melt butter in a large saucepan over medium-high heat.
- ☐ Add onion; saut 5 minutes or until tender. Stir in chicken and vegetables; cook 3 minutes or until thoroughly heated, stirring constantly.
- ☐ While chicken mixture cooks, combine water, flour, and broth. Gradually stir broth mixture into chicken mixture. Stir in salt, pepper, and bay leaf; bring to a boil. Reduce heat, and simmer 3 minutes. Stir in tortilla strips, and cook 2 minutes or until tortilla strips soften.
- ☐ Remove from heat; stir in parsley. Discard bay leaf.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:73.75, Glycemic Load:13.85, Inflammation Score:-10, Nutrition Score:22.177391202553%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 361.33kcal (18.07%), Fat: 10g (15.38%), Saturated Fat: 4.06g (25.38%), Carbohydrates: 42.64g (14.21%), Net Carbohydrates: 37.25g (13.54%), Sugar: 3.09g (3.43%), Cholesterol: 55.53mg (18.51%), Sodium: 917.53mg (39.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.35g (50.7%), Vitamin A: 3795.81IU (75.92%),

Vitamin B3: 11.51mg (57.56%), Selenium: 38.44µg (54.92%), Vitamin B6: 0.69mg (34.59%), Phosphorus: 332.39mg (33.24%), Vitamin B1: 0.46mg (30.76%), Manganese: 0.54mg (26.96%), Folate: 88.88µg (22.22%), Fiber: 5.4g (21.59%), Potassium: 740.61mg (21.16%), Vitamin K: 21.41µg (20.39%), Vitamin B2: 0.32mg (18.92%), Iron: 3.34mg (18.58%), Magnesium: 53.83mg (13.46%), Vitamin C: 11.09mg (13.45%), Vitamin B5: 1.33mg (13.25%), Calcium: 119.68mg (11.97%), Copper: 0.18mg (8.83%), Zinc: 1.14mg (7.63%), Vitamin B12: 0.16µg (2.6%), Vitamin E: 0.24mg (1.58%)