



Quick Chicken and Dumplings

READY IN



45 min.

SERVINGS



4

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

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

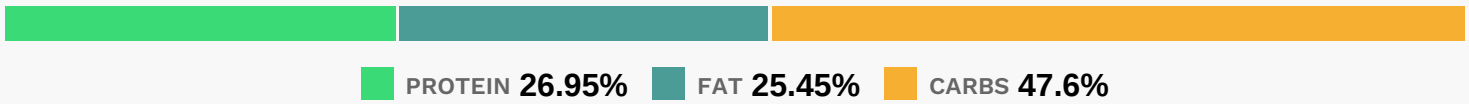
Equipment

- ☐ 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:22.712608757226%

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: 359.1kcal (17.96%), Fat: 10.16g (15.64%), Saturated Fat: 4.06g (25.38%), Carbohydrates: 42.78g (14.26%), Net Carbohydrates: 37.38g (13.59%), Sugar: 3.24g (3.6%), Cholesterol: 55.53mg (18.51%), Sodium: 1141.45mg (49.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.23g (48.45%), Vitamin A: 3795.81IU (75.92%),

Vitamin B3: 12.07mg (60.33%), Selenium: 40.63µg (58.04%), Vitamin B6: 0.71mg (35.29%), Phosphorus: 343.3mg (34.33%), Vitamin B1: 0.47mg (31.22%), Manganese: 0.55mg (27.5%), Folate: 89.87µg (22.47%), Fiber: 5.4g (21.59%), Vitamin K: 21.41µg (20.39%), Vitamin B2: 0.34mg (20.14%), Iron: 3.48mg (19.35%), Potassium: 571.93mg (16.34%), Vitamin B5: 1.44mg (14.44%), Magnesium: 54.82mg (13.7%), Vitamin C: 11.09mg (13.45%), Calcium: 123.65mg (12.37%), Copper: 0.2mg (9.77%), Zinc: 1.16mg (7.76%), Vitamin B12: 0.35µg (5.91%), Vitamin E: 0.24mg (1.58%)