



 **57%**  
HEALTH SCORE

## Savory Chicken Stew and Dumplings (Cooking for 2)

READY IN



35 min.

SERVINGS



3

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup flour all-purpose
- 0.5 teaspoon sage dried
- 0.5 teaspoon thyme leaves dried
- 0.3 teaspoon pepper
- 1.8 cups vegetable broth reduced-sodium (from 32-oz box)
- 1.5 cups savory vegetable mixed frozen
- 1 cup chicken breast strips/pre-cooked/chopped cooked
- 1 cup baking mix bisquick heart smart®

- 2 tablespoons spring onion chopped (2 medium)
- 0.1 teaspoon onion powder
- 0.3 cup skim milk fat-free (skim)

## Equipment

- bowl
- sauce pan
- whisk

## Directions

- In 2-quart saucepan, mix flour, sage, thyme and pepper. Gradually stir in broth with wire whisk until blended.
- Heat to boiling over medium heat, stirring constantly. Stir in vegetables and chicken; heat to boiling.
- In small bowl, stir together Bisquick® mix, onions and onion powder. Stir in milk just until moistened. Drop by 6 spoonfuls onto boiling stew; reduce heat.
- Simmer uncovered 10 minutes; cover and simmer 10 minutes longer.

## Nutrition Facts



## Properties

Glycemic Index:87.42, Glycemic Load:10.16, Inflammation Score:-10, Nutrition Score:23.505652184072%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 365.17kcal (18.26%), Fat: 8.46g (13.01%), Saturated Fat: 2.19g (13.69%), Carbohydrates: 49.2g (16.4%), Net Carbohydrates: 43.62g (15.86%), Sugar: 6.75g (7.5%), Cholesterol: 41.28mg (13.76%), Sodium: 599.85mg (26.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.44g (46.87%), Vitamin A: 4744.54IU (94.89%), Copper: 1.2mg

(60.15%), Vitamin B3: 10.03mg (50.16%), Phosphorus: 436.96mg (43.7%), Vitamin B1: 0.47mg (31.64%), Selenium: 20.36µg (29.09%), Manganese: 0.51mg (25.27%), Folate: 100.66µg (25.16%), Vitamin B2: 0.4mg (23.41%), Fiber: 5.58g (22.31%), Vitamin B6: 0.42mg (21.14%), Iron: 3.12mg (17.31%), Calcium: 146.32mg (14.63%), Magnesium: 53.21mg (13.3%), Vitamin C: 10.89mg (13.2%), Potassium: 451.72mg (12.91%), Vitamin B5: 1.1mg (11.02%), Vitamin K: 11.33µg (10.79%), Zinc: 1.34mg (8.97%), Vitamin B12: 0.47µg (7.88%), Vitamin D: 0.35µg (2.31%), Vitamin E: 0.21mg (1.39%)