



Skillet Chicken and Dumplings

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 21.5 oz cream of chicken soup fat-free 98% canned
- 0.3 cup milk
- 1 lb savory vegetable frozen
- 1.3 lb chicken breast boneless skinless
- 0.3 teaspoon tarragon dried
- 1 tablespoon vegetable oil
- 1 cup frangelico
- 1 cup frangelico

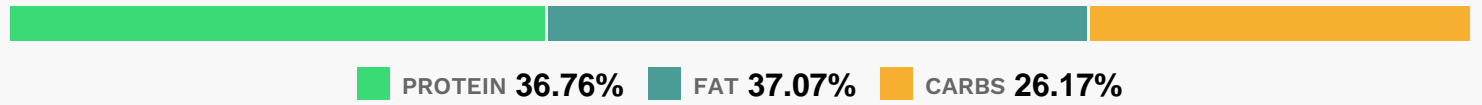
Equipment

- bowl
- frying pan

Directions

- In 10-inch skillet, heat oil over medium-high heat. Cook chicken in oil about 5 minutes, turning once, until chicken begins to brown.
- Stir in soup and frozen vegetables.
- Heat to boiling, stirring frequently.
- In small bowl, stir all dumpling ingredients until soft dough forms. Drop by 4 spoonfuls onto boiling chicken mixture. Reduce heat. Cook uncovered 10 minutes. Cover and cook 10 minutes.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:9.92, Inflammation Score:-10, Nutrition Score:26.74999989634%

Nutrients (% of daily need)

Calories: 413.93kcal (20.7%), Fat: 17.11g (26.33%), Saturated Fat: 4.4g (27.5%), Carbohydrates: 27.19g (9.06%), Net Carbohydrates: 22.64g (8.23%), Sugar: 1.8g (2%), Cholesterol: 105.35mg (35.12%), Sodium: 1295.23mg (56.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.19g (76.38%), Vitamin A: 6116.4IU (122.33%), Vitamin B3: 16.83mg (84.17%), Selenium: 49.1µg (70.14%), Vitamin B6: 1.19mg (59.3%), Phosphorus: 432.74mg (43.27%), Vitamin B5: 2.57mg (25.73%), Potassium: 873.81mg (24.97%), Manganese: 0.41mg (20.62%), Vitamin B2: 0.34mg (19.88%), Magnesium: 73.04mg (18.26%), Fiber: 4.55g (18.18%), Iron: 3.26mg (18.1%), Vitamin B1: 0.26mg (17.37%), Copper: 0.34mg (16.99%), Vitamin C: 13.71mg (16.62%), Zinc: 1.86mg (12.42%), Vitamin K: 12.84µg (12.23%), Folate: 41.95µg (10.49%), Vitamin E: 1.38mg (9.2%), Calcium: 83.2mg (8.32%), Vitamin B12: 0.39µg (6.55%), Vitamin D: 0.37µg (2.44%)