



 **100%**
HEALTH SCORE

Slow-Cooked Chicken & Dumplings

 Very Healthy

READY IN



540 min.

SERVINGS



1

CALORIES



2210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups carrots chopped
- 0.5 cup philadelphia chive & onion cream cheese spread ()
- 2 eggs beaten
- 2.5 cups chicken broth fat-free reduced-sodium
- 2 cups peas frozen
- 1.5 lb chicken thighs boneless skinless
- 6 oz stove top stuffing mix for chicken
- 0.8 cup water hot

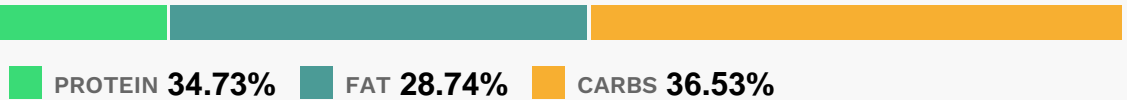
Equipment

slow cooker

Directions

- Place chicken in slow cooker sprayed with cooking spray.
- Add broth, carrots, celery and onions; stir. Cover with lid.
- Cook on LOW 8 to 10 hours (or on HIGH 3-1/2 hours).
- Add peas and cream cheese spread; stir until cream cheese is completely melted and sauce is well blended.
- Mix eggs, stuffing mix and hot water until blended; drop in heaping 2-Tbsp. portions over chicken mixture.
- Cook, covered, on HIGH 30 min. Gently turn dumplings; cook, covered, 15 min.

Nutrition Facts



Properties

Glycemic Index:91.17, Glycemic Load:17.28, Inflammation Score:-10, Nutrition Score:85.579130504442%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 2209.88kcal (110.49%), Fat: 69.3g (106.61%), Saturated Fat: 27.28g (170.49%), Carbohydrates: 198.23g (66.08%), Net Carbohydrates: 170.88g (62.14%), Sugar: 44.31g (49.23%), Cholesterol: 1045.8mg (348.6%), Sodium: 6123.94mg (266.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 188.45g (376.89%), Vitamin A: 36014.16IU (720.28%), Selenium: 280.33µg (400.47%), Vitamin B3: 58.99mg (294.94%), Vitamin B6: 4.27mg (213.52%), Phosphorus: 2129.23mg (212.92%), Vitamin B1: 2.6mg (173.28%), Vitamin B2: 2.91mg (171%), Vitamin C: 127.33mg (154.34%), Folate: 584.99µg (146.25%), Manganese: 2.67mg (133.49%), Vitamin B5: 11.7mg (116.97%), Zinc: 17.25mg (114.98%), Vitamin K: 119.13µg (113.46%), Fiber: 27.35g (109.4%), Iron: 19.1mg (106.1%), Potassium:

3699.08mg (105.69%), Vitamin B12: 6.31µg (105.11%), Magnesium: 361.28mg (90.32%), Copper: 1.58mg (79.11%), Calcium: 575.59mg (57.56%), Vitamin E: 4.44mg (29.6%), Vitamin D: 1.76µg (11.73%)