



## Slow Cooker Chicken and Dumplings

 Popular

READY IN



11 min.

SERVINGS



6

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 tbsp butter
- 1 can biscuits pillsbury® ( I used Grands)
- 2 cans cream of chicken soup
- 1 Tbsp flour
- 1 onion finely chopped
- 1 tsp parsley
- 1 tsp pepper
- 2 tsp poultry seasoning

3 chicken breast boneless skinless

2 cups water

## Equipment

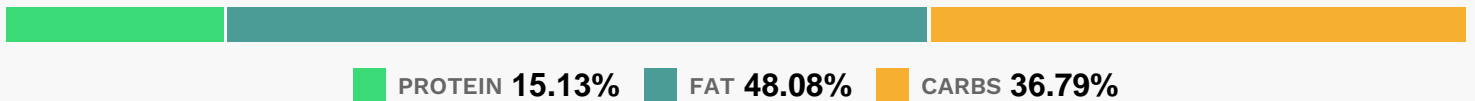
slow cooker

## Directions

Place Slow Cooker on high.

Add chicken breasts, butter, water, soup, flour, onion, poultry seasoning, pepper, and parsley. Stir and mix well. Cook on high for 4 hours. Take two forks and start shredding chicken in the mixture. After shredding chicken, tear small pieces of biscuit dough and place in slow cooker for remaining 2 hours. Stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:54, Glycemic Load:27.87, Inflammation Score:-6, Nutrition Score:16.867391304348%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

## Taste

Sweetness: 19.94%, Saltiness: 89.57%, Sourness: 17.03%, Bitterness: 32.37%, Savoriness: 53.22%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 519.1kcal (25.95%), Fat: 27.79g (42.76%), Saturated Fat: 8.86g (55.37%), Carbohydrates: 47.84g (15.95%), Net Carbohydrates: 46.35g (16.85%), Sugar: 4.03g (4.48%), Cholesterol: 65.42mg (21.81%), Sodium: 1570.36mg (68.28%), Protein: 19.68g (39.37%), Selenium: 35.15µg (50.21%), Phosphorus: 491.6mg (49.16%), Vitamin B3: 8.99mg (44.95%), Vitamin B1: 0.4mg (26.57%), Vitamin B6: 0.49mg (24.49%), Manganese: 0.49mg (24.42%), Iron: 4.14mg (22.98%), Vitamin B2: 0.34mg (20.24%), Folate: 65.02µg (16.26%), Potassium: 469.67mg (13.42%), Vitamin B5: 1.27mg (12.74%), Vitamin E: 1.91mg (12.71%), Vitamin K: 13.02µg (12.4%), Copper: 0.24mg (11.98%), Magnesium:

36.63mg (9.16%), Vitamin A: 456.85IU (9.14%), Zinc: 1.07mg (7.12%), Calcium: 70.31mg (7.03%), Fiber: 1.49g (5.95%),  
Vitamin B12: 0.24µg (3.95%), Vitamin C: 2.22mg (2.69%)