



Slow Cooker Chicken and Dumplings

READY IN



370 min.

SERVINGS



8

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 20 ounce biscuits refrigerated
- 2 tablespoons butter
- 21.5 ounce cream of chicken soup canned
- 1 onion diced finely
- 4 chicken breast halves boneless skinless

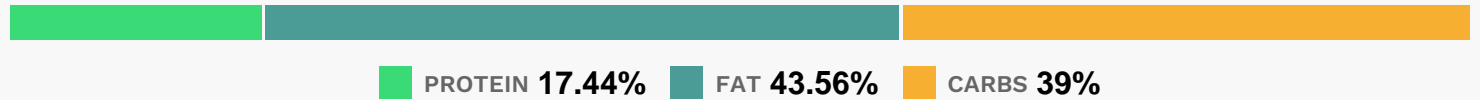
Equipment

- slow cooker

Directions

- Place the chicken, butter, soup, and onion in a slow cooker, and fill with enough water to cover.
- Cover, and cook for 5 to 6 hours on High. About 30 minutes before serving, place the torn biscuit dough in the slow cooker. Cook until the dough is no longer raw in the center.

Nutrition Facts



Properties

Glycemic Index:23.13, Glycemic Load:24.37, Inflammation Score:-5, Nutrition Score:14.569565218428%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 422.26kcal (21.11%), Fat: 20.41g (31.39%), Saturated Fat: 5.18g (32.39%), Carbohydrates: 41.12g (13.71%), Net Carbohydrates: 39.96g (14.53%), Sugar: 3.46g (3.85%), Cholesterol: 50.49mg (16.83%), Sodium: 1291.08mg (56.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.38g (36.77%), Selenium: 32.96µg (47.08%), Phosphorus: 451.85mg (45.19%), Vitamin B3: 8.58mg (42.92%), Vitamin B1: 0.36mg (23.68%), Vitamin B6: 0.47mg (23.66%), Iron: 3.39mg (18.81%), Vitamin B2: 0.3mg (17.85%), Manganese: 0.36mg (17.79%), Folate: 56.11µg (14.03%), Potassium: 426.06mg (12.17%), Vitamin B5: 1.18mg (11.85%), Vitamin E: 1.54mg (10.26%), Copper: 0.18mg (8.85%), Magnesium: 31.23mg (7.81%), Vitamin K: 6.44µg (6.14%), Zinc: 0.92mg (6.1%), Calcium: 52.22mg (5.22%), Vitamin A: 244.77IU (4.9%), Fiber: 1.16g (4.62%), Vitamin B12: 0.22µg (3.64%), Vitamin C: 1.77mg (2.15%)