



## Slow-Cooker Chicken and Vegetables with Dumplings

 Gluten Free  Dairy Free

READY IN



660 min.

SERVINGS



5

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.5 pounds chicken thighs boneless skinless
- 1 pound potatoes - remove skin red ()
- 0.8 cup onion coarsely chopped
- 2 cups baby carrots
- 5.3 cups chicken broth (from two 32-ounce cartons)
- 0.5 cup water
- 2 teaspoons parsley

2 cups frangelico

## Equipment

bowl

slow cooker

## Directions

Place chicken, potatoes, onion and carrots in 6-quart slow cooker.

Add broth.

Cover and cook on low heat setting 9 to 10 hours.

Increase heat setting to high. Stir together Bisquick mix, water and parsley in medium bowl. Drop dough by rounded tablespoonfuls onto hot chicken mixture. Cover and cook 45 to 50 minutes or until dumplings are dry in center.

## Nutrition Facts

**PROTEIN 51.6%** **FAT 24.55%** **CARBS 23.85%**

## Properties

Glycemic Index:5.4, Glycemic Load:0.5, Inflammation Score:-10, Nutrition Score:29.397826153299%

## Flavonoids

Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

## Nutrients (% of daily need)

Calories: 375.83kcal (18.79%), Fat: 10.06g (15.48%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 21.99g (7.33%), Net Carbohydrates: 18.55g (6.74%), Sugar: 5.69g (6.32%), Cholesterol: 220.39mg (73.46%), Sodium: 1175.88mg (51.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.58g (95.15%), Vitamin A: 7127.45IU (142.55%), Selenium: 53.28µg (76.12%), Vitamin B3: 14.57mg (72.83%), Vitamin B6: 1.25mg (62.32%), Phosphorus: 510.79mg (51.08%), Vitamin B2: 0.6mg (35.35%), Potassium: 1170.29mg (33.44%), Vitamin B5: 3.23mg (32.32%), Zinc: 4.05mg (27.01%), Vitamin B12: 1.5µg (25.01%), Vitamin B1: 0.36mg (23.73%), Magnesium: 82.51mg (20.63%), Manganese: 0.39mg (19.5%), Iron: 3.16mg (17.58%), Copper: 0.35mg (17.51%), Vitamin K: 14.66µg (13.96%), Fiber: 3.45g (13.78%),

Vitamin C: 10.96mg (13.28%), Folate: 43.86µg (10.96%), Calcium: 62.42mg (6.24%), Vitamin E: 0.52mg (3.5%)