



Slow Cooker Turkey and Dumplings

READY IN



250 min.

SERVINGS



4

CALORIES



755 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce buttermilk biscuit dough refrigerated cut into squares canned such as Pillsbury Grands!®
- ☐ 2 tablespoons butter
- ☐ 1 cup carrots chopped to taste
- ☐ 15 ounce chicken broth canned
- ☐ 21.5 ounce cream of chicken soup canned
- ☐ 1 pinch garlic powder
- ☐ 0.5 onion chopped
- ☐ 1 cup potatoes chopped to taste
- ☐ 1 pinch poultry seasoning

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1.5 cups turkey cooked chopped to taste

Equipment

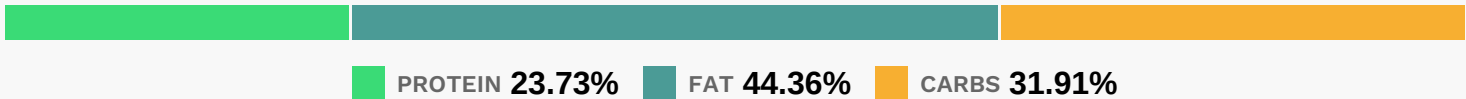
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slow cooker

Directions

- ☐ Mix cream of chicken soup, chicken broth, turkey, potatoes, carrots, onion, butter, garlic powder, and poultry seasoning together in a slow cooker.
- ☐ Cook on High for 3 hours; stir. Arrange biscuits atop turkey mixture and cook until biscuits are cooked through, about 1 more hour.

Nutrition Facts



Properties

Glycemic Index:80.15, Glycemic Load:34.45, Inflammation Score:-10, Nutrition Score:28.145217491233%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 755.15kcal (37.76%), Fat: 37.03g (56.97%), Saturated Fat: 10.92g (68.27%), Carbohydrates: 59.95g (19.98%), Net Carbohydrates: 56.71g (20.62%), Sugar: 5.83g (6.48%), Cholesterol: 107.94mg (35.98%), Sodium: 2362.37mg (102.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.58g (89.16%), Vitamin A: 6016.55IU (120.33%), Phosphorus: 630.19mg (63.02%), Selenium: 44.07µg (62.96%), Vitamin B3: 9.26mg (46.32%), Iron: 6.28mg (34.9%), Vitamin B6: 0.68mg (33.9%), Zinc: 4.37mg (29.14%), Vitamin B2: 0.49mg (29.08%), Vitamin B1: 0.41mg (27.39%), Manganese: 0.55mg (27.36%), Vitamin B12: 1.63µg (27.15%), Potassium: 826.76mg (23.62%), Copper: 0.41mg (20.72%), Folate: 75.05µg (18.76%), Vitamin K: 19.38µg (18.46%), Vitamin E: 2.52mg (16.78%), Magnesium: 65.67mg (16.42%), Vitamin C: 13.43mg (16.28%), Fiber: 3.24g (12.95%), Vitamin B5: 1.08mg (10.75%), Calcium: 99.26mg (9.93%), Vitamin D: 0.22µg (1.45%)