



Summer Chicken Soup with Biscuit Dumplings

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 oz peas sweet green frozen thawed giant® simply steam®
- 12 baby carrots cut in half lengthwise
- 10.2 oz grands flaky refrigerator biscuits refrigerated pillsbury® canned (5 biscuits)
- 32 oz chicken broth progresso®
- 0.3 cup optional: dill fresh chopped
- 0.3 cup parsley fresh chopped
- 2 cloves garlic finely chopped
- 0.5 cup onion chopped

- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 4 cups chicken shredded cooked
- 1 tablespoon vegetable oil
- 1 medium to 3 sized squashes yellow cubed
- 1 medium zucchini cubed

Equipment

- sauce pan

Directions

- In 4-quart saucepan, heat oil over medium-high heat. Cook and stir onion and garlic in oil about 2 minutes or until onions are tender.
- Add chicken broth; heat to boiling.
- Add carrots; reduce heat to medium. Cook about 5 minutes or until carrots are tender.
- Add remaining soup ingredients; increase heat to high.
- Heat to boiling. Reduce heat to medium-high. Cover; cook 2 to 3 minutes or until vegetables are crisp-tender.
- Cut biscuits into fourths. Dip one side of each biscuit piece in parsley. Drop biscuits, parsley side up, onto hot soup. Reduce heat to medium. Cover; cook 10 to 15 minutes or until dumplings are no longer doughy in center.

Nutrition Facts



■ PROTEIN **24.82%**
■ FAT **39.98%**
■ CARBS **35.2%**

Properties

Glycemic Index:48.56, Glycemic Load:21.67, Inflammation Score:-10, Nutrition Score:25.880869409312%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg,
 Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg,
 Isorhamnetin: 1.52mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg

Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg

Nutrients (% of daily need)

Calories: 493.69kcal (24.68%), Fat: 21.82g (33.57%), Saturated Fat: 6.05g (37.79%), Carbohydrates: 43.22g (14.41%), Net Carbohydrates: 38.51g (14%), Sugar: 16.56g (18.4%), Cholesterol: 73.02mg (24.34%), Sodium: 1019.17mg (44.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.48g (60.97%), Vitamin A: 3659.27IU (73.19%), Vitamin K: 65.49µg (62.37%), Vitamin B3: 10.66mg (53.3%), Vitamin C: 35.22mg (42.69%), Selenium: 27.84µg (39.78%), Manganese: 0.69mg (34.25%), Vitamin B6: 0.67mg (33.44%), Vitamin B2: 0.53mg (31.25%), Phosphorus: 301.68mg (30.17%), Vitamin B1: 0.42mg (28.05%), Folate: 103.37µg (25.84%), Iron: 4.05mg (22.49%), Fiber: 4.71g (18.84%), Potassium: 658.29mg (18.81%), Zinc: 2.6mg (17.34%), Magnesium: 59.38mg (14.85%), Vitamin B5: 1.35mg (13.49%), Copper: 0.26mg (13.21%), Vitamin E: 1.58mg (10.52%), Calcium: 63.56mg (6.36%), Vitamin B12: 0.3µg (5.02%)