

Super Easy Chicken and Dumplings



Dairy Free



Popular

READY IN



20 min.

SERVINGS



8

CALORIES



689 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 ounce biscuit dough refrigerated canned
- ☐ 42 ounce chicken broth canned
- ☐ 3 cups chicken meat shredded cooked
- ☐ 21 ounce cream of chicken soup canned

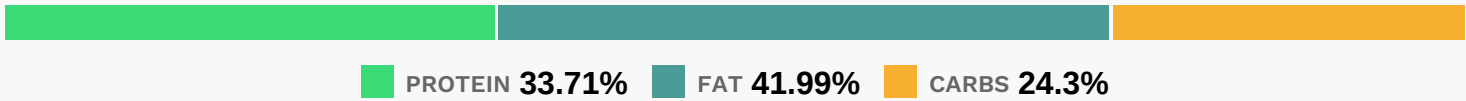
Equipment

- ☐ sauce pan

Directions

- ☐ Stir the cream of chicken soup, chicken broth, and shredded chicken meat together in a large saucepan over medium-high heat until it begins to simmer.
- ☐ Cut each biscuit into quarters, and gently stir into the simmering soup. Reduce heat to medium-low, cover, and simmer until the biscuits are no longer doughy in the center, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:24.04, Inflammation Score:-5, Nutrition Score:21.341304243907%

Nutrients (% of daily need)

Calories: 688.68kcal (34.43%), Fat: 31.52g (48.5%), Saturated Fat: 7.33g (45.79%), Carbohydrates: 41.04g (13.68%), Net Carbohydrates: 40.12g (14.59%), Sugar: 2.87g (3.19%), Cholesterol: 120.45mg (40.15%), Sodium: 1946.8mg (84.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.95g (113.9%), Selenium: 55.04µg (78.63%), Phosphorus: 656.34mg (65.63%), Vitamin B3: 10.38mg (51.88%), Zinc: 5.07mg (33.83%), Iron: 5.7mg (31.65%), Vitamin B12: 1.74µg (29%), Vitamin B2: 0.47mg (27.48%), Vitamin B6: 0.53mg (26.57%), Vitamin B1: 0.34mg (22.99%), Manganese: 0.34mg (16.87%), Potassium: 543.16mg (15.52%), Folate: 56.7µg (14.18%), Magnesium: 54.33mg (13.58%), Copper: 0.26mg (12.92%), Vitamin E: 1.81mg (12.09%), Vitamin K: 9.38µg (8.93%), Vitamin B5: 0.87mg (8.66%), Vitamin A: 421.82IU (8.44%), Calcium: 72.28mg (7.23%), Fiber: 0.92g (3.69%)