

# Turkey Dumplings

 Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 12 ounce biscuits refrigerated
- 3 tablespoons flour all-purpose
- 8 servings salt and pepper to taste
- 1 pound turkey meat cooked chopped
- 3 cups water

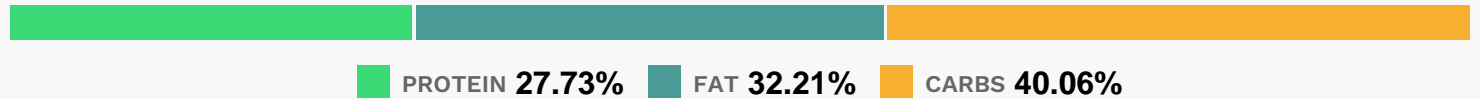
## Equipment

- sauce pan
- cutting board

## Directions

- Place the turkey, water, salt and pepper in a medium saucepan and bring to a boil. Reduce heat and simmer 30 to 40 minutes, or until a broth has formed.
- Spread flour on a medium cutting board or other flat surface.
- Roll out biscuit dough and cut it into 1x2 inch pieces. Drop the pieces into the broth and cook over low heat approximately 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:17.5, Glycemic Load:14.6, Inflammation Score:-2, Nutrition Score:9.953043491944%

## Nutrients (% of daily need)

Calories: 228.95kcal (11.45%), Fat: 8.14g (12.52%), Saturated Fat: 1.32g (8.27%), Carbohydrates: 22.77g (7.59%), Net Carbohydrates: 22.14g (8.05%), Sugar: 1.53g (1.7%), Cholesterol: 38.41mg (12.8%), Sodium: 665.77mg (28.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.76g (31.53%), Selenium: 21.76µg (31.09%), Vitamin B3: 6.18mg (30.92%), Phosphorus: 293.62mg (29.36%), Vitamin B6: 0.39mg (19.55%), Vitamin B1: 0.23mg (15.47%), Vitamin B2: 0.25mg (14.53%), Vitamin B12: 0.76µg (12.71%), Iron: 2.02mg (11.24%), Folate: 38.88µg (9.72%), Manganese: 0.19mg (9.66%), Zinc: 1.28mg (8.51%), Potassium: 231.55mg (6.62%), Vitamin B5: 0.62mg (6.18%), Magnesium: 24.05mg (6.01%), Copper: 0.1mg (4.92%), Vitamin E: 0.61mg (4.09%), Calcium: 30.28mg (3.03%), Fiber: 0.63g (2.52%), Vitamin K: 1.75µg (1.67%)