

Chicken and Dumplings

Recipe from ONIEProject.org

Ingredients

- 3 cups unsalted chicken broth
- 1 lb boneless, skinless chicken breasts, diced
- 1 small yellow onion, diced
- 2 large carrot, sliced
- 3 celery ribs, sliced
- 1 1/2 tsp poultry seasoning
- 1 (12 oz) bag frozen peas
- 1 cup heart-smart biscuit mix
- 1/3 cup skim milk



Preparation

1. In a large stockpot heat broth over medium-high & bring to a boil. Add chicken, onion, carrots, celery & poultry seasoning. Simmer 8-10 minutes, or until chicken is no longer pink. Add peas & simmer 1-2 minutes.
2. In a small bowl, add biscuit mix & milk. Mix well until a soft dough forms.
3. Reduce heat to low. Spoon dough into stockpot. Cook uncovered 8-10 minutes or until dumplings are cooked through.

Nutrition Facts

6 servings per recipe	
Serving size	(349g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 340mg	15%
Total Carbohydrate 28g	10%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 25g	

Get to Know Nutrition Facts Labels.

Form a healthy habit by reading food labels to determine what's inside and make informed food choices

LOOK

at Serving Sizes

The information listed on the Nutrition Facts label is based on a typical serving size in common measurements like cups, ounces, or pieces.

A package may contain more than one serving, so if you're eating more or less than the serving listed, you'll need to multiply or divide the numbers listed.

GET MORE

of These

- Dietary Fiber
- Vitamin D
- Calcium
- Iron
- Potassium

These nutrients improve your health, yet most Americans don't get enough of them in their diets. Look for foods with 10% or more of these nutrients in the % Daily Value column.

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260g 20%

Iron 8mg 45%

Potassium 235mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CHECK

Calories

The portion size or amount you eat as a serving determines the number of calories you consume.

The number of calories you need daily depends on your age, gender, and level of physical activity. Visit www.ChooseMyPlate.gov to find your calorie needs.

LIMIT

These

- Fat
- Sodium
- Cholesterol
- Added Sugars

Eating too much of these nutrients increases your risk of diseases like obesity, heart disease, high blood pressure, and some cancers.

Added Sugars should be limited to 10% of your daily calories.

**20%
DAILY
VALUE**
OR MORE PER SERVING IS
HIGH

**5%
DAILY
VALUE**
OR LESS PER SERVING IS
LOW

% DAILY VALUE

(DV)

These percentages show whether the nutrients in a serving contribute a little or a lot to your total daily intake. Percent Daily Values on the Nutrition Facts label are based on a 2,000-calorie diet. Your % Daily Value may be higher or lower depending on your daily calorie needs.