

Slow Cooker Chicken & Dumplings

Gwen
www.SlowCookerKitchen.com

Servings: 6

2 to 2-1/2 pounds skinless/boneless chicken breast tenderloins
2 tablespoons butter
1 can (10.75 ounces) cream of chicken soup
1 onion (optional), diced
1 package (10 ounces) refrigerated biscuit dough, torn or cut into quarters
1 cup chicken broth or stock

Preparation Time: 5 minutes

Slow Cooker: 8 hours

In a bowl, mix the soup and chicken broth. Set aside.

Place the chicken in the bottom of the crockpot. Layer the onion, butter and soup mixture over the top.

Cover and cook for five to seven hours on LOW or three and one-half to four hours on HIGH.

(FORTY_FIVE TO SIXTY MINUTES BEFORE SERVING): Open the biscuits and cut them into quarters. Place the biscuits on top of the chicken and sauce. Turn the slow cooker to HIGH heat. Spoon a bit of the sauce over each biscuit. Cover and cook for an additional 45 to 60 minutes. Check the center of a dumpling for doneness before serving.

Per Serving (excluding unknown items): 53 Calories; 5g Fat (84.0% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 12mg Cholesterol; 203mg Sodium. Exchanges: 0 Grain(Starch); 1 Fat.

Chicken, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	53	Vitamin B6 (mg):	trace
% Calories from Fat:	84.0%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	11.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	4.5%	Riboflavin B2 (mg):	trace

Total Fat (g): 5g
Saturated Fat (g): 3g
Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 12mg
Carbohydrate (g): 2g
Dietary Fiber (g): trace
Protein (g): 1g
Sodium (mg): 203mg
Potassium (mg): 16mg
Calcium (mg): 7mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 238IU
Vitamin A (r.e.): 45RE

Folacin (mcg): trace
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 53 Calories from Fat: 45

% Daily Values*

Total Fat	5g	8%
Saturated Fat	3g	14%
Cholesterol	12mg	4%
Sodium	203mg	8%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	0%
Protein	1g	
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Vitamin A		5%
Vitamin C		0%
Calcium		1%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.