



## Alfredo Chicken Bake

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 9 oz chicken breast strips/pre-cooked/chopped diced frozen thawed cooked ( 2 cups)
- 0.5 cup peas sweet frozen
- 2 oz swiss cheese shredded
- 0.8 cup alfredo sauce
- 2 tablespoons slivered almonds
- 0.3 cup milk
- 1 cup frangelico

## Equipment

- bowl
- sauce pan
- oven

## Directions

- Heat oven to 425°F. In 1 1/2-quart saucepan, mix chicken, peas, cheese, Alfredo sauce and almonds.
- Heat to boiling over medium-high heat.
- Pour into ungreased 1 1/2-quart casserole.
- In small bowl, stir Bisquick mix and milk until soft dough forms. Drop dough by about 12 spoonfuls onto chicken mixture.
- Bake uncovered 20 to 25 minutes or until golden brown.

## Nutrition Facts

**PROTEIN 37.79%** **FAT 53.55%** **CARBS 8.66%**

## Properties

Glycemic Index:29.83, Glycemic Load:1.16, Inflammation Score:-4, Nutrition Score:12.441304471182%

## Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 300.49kcal (15.02%), Fat: 17.52g (26.95%), Saturated Fat: 7.62g (47.61%), Carbohydrates: 6.38g (2.13%), Net Carbohydrates: 4.72g (1.72%), Sugar: 2.97g (3.3%), Cholesterol: 100.35mg (33.45%), Sodium: 394.63mg (17.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.81g (55.62%), Vitamin B3: 9.34mg (46.68%), Selenium: 22.79µg (32.56%), Phosphorus: 290.96mg (29.1%), Vitamin B6: 0.44mg (22.13%), Calcium: 178.71mg (17.87%), Vitamin B2: 0.22mg (13.21%), Vitamin B12: 0.75µg (12.58%), Zinc: 1.72mg (11.48%), Magnesium: 45.1mg (11.27%), Vitamin E: 1.57mg (10.47%), Manganese: 0.2mg (10.05%), Vitamin C: 7.25mg (8.79%), Potassium: 284.73mg

(8.14%), Vitamin B5: 0.79mg (7.94%), Vitamin B1: 0.12mg (7.74%), Fiber: 1.66g (6.63%), Iron: 1.13mg (6.3%), Copper: 0.12mg (6.08%), Vitamin A: 302.69IU (6.05%), Vitamin K: 4.95µg (4.71%), Folate: 17.81µg (4.45%), Vitamin D: 0.29µg (1.92%)