



Biscuit-Topped Chicken and Cheese Casserole

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



319 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups roasted chicken cooked
- 11 oz corn whole with red and green peppers, drained canned
- 10.8 oz cream of chicken soup canned
- 8 oz monterrey jack cheese shredded
- 0.7 cup milk
- 1.7 cups frangelico

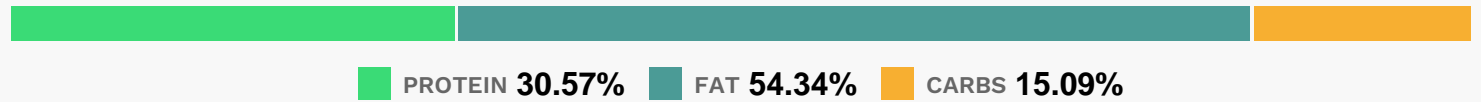
Equipment

- bowl
- oven
- whisk
- glass baking pan

Directions

- Heat oven to 375°F. In 8-inch square (2-quart) glass baking dish, mix chicken, corn, soup and cheese.
- In medium bowl, stir Bisquick mix and milk with fork or wire whisk until soft dough forms.
- Place dough on surface dusted with Bisquick mix. Knead 10 times.
- Roll into 7 1/2-inch round, 1/2 inch thick. With 2 1/2-inch round cutter, cut 6 biscuits.
- Place on chicken mixture.
- Bake 20 to 25 minutes or until biscuits are golden brown.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:2.11, Inflammation Score:-4, Nutrition Score:10.307825995528%

Nutrients (% of daily need)

Calories: 319.37kcal (15.97%), Fat: 19.09g (29.37%), Saturated Fat: 9.54g (59.65%), Carbohydrates: 11.93g (3.98%), Net Carbohydrates: 11.93g (4.34%), Sugar: 1.77g (1.96%), Cholesterol: 75.96mg (25.32%), Sodium: 713.38mg (31.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.16g (48.33%), Calcium: 329.08mg (32.91%), Phosphorus: 321.87mg (32.19%), Selenium: 18.44µg (26.34%), Vitamin B3: 4.35mg (21.73%), Vitamin B2: 0.28mg (16.74%), Zinc: 2.25mg (14.98%), Vitamin B6: 0.24mg (11.89%), Vitamin B12: 0.6µg (9.92%), Vitamin A: 446.17IU (8.92%), Iron: 1.49mg (8.28%), Magnesium: 31.01mg (7.75%), Potassium: 263.33mg (7.52%), Vitamin B5: 0.73mg (7.32%), Folate: 25.23µg (6.31%), Copper: 0.12mg (6%), Vitamin B1: 0.06mg (4.28%), Manganese: 0.08mg (3.84%), Vitamin D: 0.52µg (3.5%), Vitamin K: 3.11µg (2.96%), Vitamin E: 0.39mg (2.57%), Vitamin C: 0.93mg (1.13%)