



Biscuit-Topped Chicken and Vegetable Bake

READY IN



55 min.

SERVINGS



6

CALORIES



518 kcal

Ingredients

- 12 oz grands flaky refrigerator biscuits refrigerated golden layers® canned
- 9 oz chicken breast strips/pre-cooked/chopped diced frozen cooked
- 10.8 oz cream of chicken soup with herbs canned
- 3 oz cream cheese cubed
- 1 lb savory vegetable mixed frozen
- 0.5 cup milk

Equipment

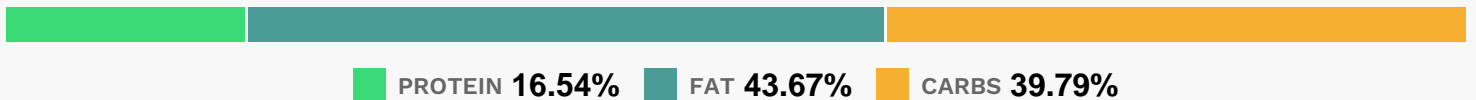
- sauce pan
- oven

- baking pan
- glass baking pan

Directions

- Heat oven to 375F. Spray 13x9-inch (3-quart) glass baking dish with nonstick cooking spray.
- In large saucepan, combine soup, cream cheese and milk; mix well. Cook over medium heat until mixture is hot and cream cheese is melted, stirring frequently. Stir in chicken and vegetables. Cook 10 to 15 minutes or until bubbly, stirring occasionally.
- Pour into sprayed baking dish.
- Separate dough into 10 biscuits.
- Cut each biscuit in half crosswise. Arrange biscuit halves, curved side up, over chicken mixture around edge of baking dish.
- Bake at 375F. for 15 to 20 minutes or until biscuits are deep golden brown and mixture is bubbly.

Nutrition Facts



Properties

Glycemic Index:36.17, Glycemic Load:28.03, Inflammation Score:-10, Nutrition Score:17.989130268926%

Nutrients (% of daily need)

Calories: 517.51kcal (25.88%), Fat: 25.22g (38.81%), Saturated Fat: 9.2g (57.5%), Carbohydrates: 51.72g (17.24%), Net Carbohydrates: 47.96g (17.44%), Sugar: 14.03g (15.59%), Cholesterol: 56.97mg (18.99%), Sodium: 675.95mg (29.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.5g (43%), Vitamin A: 4212.34IU (84.25%), Vitamin B3: 8.87mg (44.35%), Selenium: 18.12µg (25.89%), Manganese: 0.47mg (23.56%), Phosphorus: 230.43mg (23.04%), Vitamin B1: 0.34mg (22.89%), Vitamin B2: 0.37mg (22.05%), Vitamin B6: 0.39mg (19.42%), Iron: 3.4mg (18.91%), Folate: 71.84µg (17.96%), Fiber: 3.76g (15.04%), Vitamin E: 1.9mg (12.7%), Potassium: 393.13mg (11.23%), Magnesium: 44.16mg (11.04%), Copper: 0.21mg (10.5%), Vitamin B5: 0.96mg (9.59%), Vitamin C: 7.91mg (9.59%), Zinc: 1.34mg (8.97%), Vitamin K: 8.81µg (8.39%), Calcium: 78.52mg (7.85%), Vitamin B12: 0.29µg (4.76%), Vitamin D: 0.27µg (1.77%)