



Broccoli-Chicken Cups

READY IN



35 min.

SERVINGS



12

CALORIES



373 kcal

SIDE DISH

Ingredients

- 20 ounces grands flaky refrigerator biscuits refrigerated
- 2 cups cheddar cheese shredded divided
- 1.3 cups rice krispies
- 1 cup roasted chicken cubed cooked
- 10 ounces cream of mushroom soup undiluted canned
- 3 cups broccoli frozen cooked drained chopped

Equipment

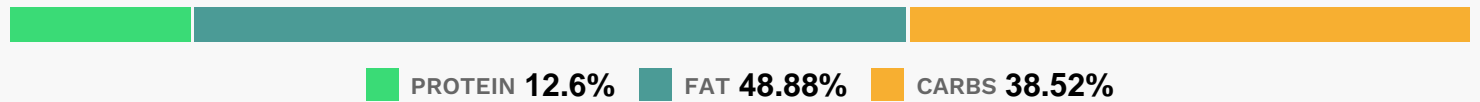
- bowl

- oven
- muffin liners

Directions

- Place biscuits in greased muffin cups, pressing dough onto the bottom and up the sides.
- Add 1 tablespoon cheese and cereal to each cup.
- In a large bowl, combine the chicken, soup and broccoli; spoon into each muffin cup.
- Bake at 375° for 20-25 minutes or until bubbly.
- Sprinkle with remaining cheese.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:19.31, Inflammation Score:-6, Nutrition Score:12.762173922166%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 372.93kcal (18.65%), Fat: 20.27g (31.18%), Saturated Fat: 7.98g (49.86%), Carbohydrates: 35.94g (11.98%), Net Carbohydrates: 34.69g (12.62%), Sugar: 10.95g (12.17%), Cholesterol: 28.76mg (9.59%), Sodium: 489.86mg (21.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.76g (23.52%), Vitamin K: 28.09µg (26.75%), Vitamin C: 21.59mg (26.17%), Folate: 77.3µg (19.33%), Vitamin B2: 0.33mg (19.33%), Manganese: 0.36mg (18.18%), Selenium: 12.29µg (17.56%), Vitamin B1: 0.25mg (16.99%), Vitamin B3: 3.39mg (16.96%), Phosphorus: 165.1mg (16.51%), Iron: 2.85mg (15.84%), Vitamin E: 2.29mg (15.29%), Calcium: 152.13mg (15.21%), Vitamin A: 578.14IU (11.56%), Vitamin B6: 0.22mg (10.77%), Zinc: 1.49mg (9.96%), Vitamin B12: 0.5µg (8.27%), Copper: 0.12mg (5.96%), Magnesium: 21.26mg (5.32%), Potassium: 185.97mg (5.31%), Vitamin B5: 0.52mg (5.24%), Fiber: 1.25g (4.98%), Vitamin D: 0.31µg (2.04%)