



Cheesy Biscuit Casserole

READY IN



60 min.

SERVINGS



6

CALORIES



447 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16.3 oz biscuits refrigerated canned
- 2 eggs
- 0.5 cup gruyere cheese shredded
- 2 tablespoons gruyere cheese shredded
- 1 teaspoon seasoning italian
- 0.8 cup milk
- 0.5 cup ricotta cheese
- 1.3 cups savory vegetable mixed organic thawed cascadian farm® (from 16-oz bag)
- 0.5 teaspoon salt

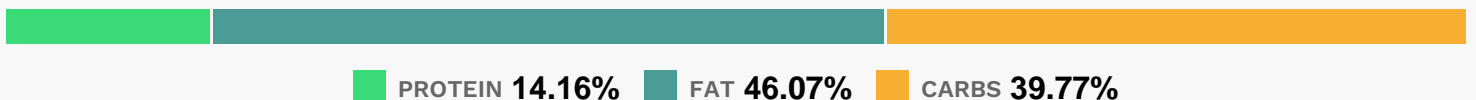
Equipment

- bowl
- oven
- knife
- whisk
- baking pan
- glass baking pan

Directions

- Heat oven to 350F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray.
- In large bowl, beat ricotta cheese, 1/2 cup Gruyere cheese, the milk, eggs, Italian seasoning and salt with whisk.
- Cut each biscuit into quarters; add to cheese mixture and stir to coat. Stir in vegetables. Spoon into baking dish.
- Sprinkle with 2 tablespoons Gruyere cheese.
- Bake uncovered 35 to 45 minutes or until golden brown and knife inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:25.96, Inflammation Score:-9, Nutrition Score:17.131304388461%

Nutrients (% of daily need)

Calories: 447.28kcal (22.36%), Fat: 23.12g (35.57%), Saturated Fat: 7.71g (48.2%), Carbohydrates: 44.9g (14.97%), Net Carbohydrates: 42.24g (15.36%), Sugar: 4.33g (4.81%), Cholesterol: 87.05mg (29.02%), Sodium: 1100.7mg (47.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.99g (31.98%), Phosphorus: 542.9mg (54.29%), Vitamin A: 2304.2IU (46.08%), Selenium: 25.03µg (35.76%), Calcium: 302.05mg (30.21%), Vitamin B1: 0.41mg (27.39%), Vitamin B2: 0.45mg (26.63%), Manganese: 0.42mg (21.04%), Folate: 76.66µg (19.17%), Iron: 3.39mg (18.82%), Vitamin B3: 3.15mg (15.77%), Vitamin B12: 0.73µg (12.14%), Zinc: 1.73mg (11.5%), Fiber: 2.66g (10.64%),

Potassium: 357.73mg (10.22%), Magnesium: 36.53mg (9.13%), Vitamin E: 1.31mg (8.76%), Vitamin B5: 0.77mg (7.68%), Vitamin B6: 0.14mg (7.07%), Copper: 0.12mg (6.09%), Vitamin K: 6.02µg (5.74%), Vitamin D: 0.77µg (5.1%), Vitamin C: 3.95mg (4.79%)