



WHATSheATE



Cheesy Biscuit Casserole

READY IN



60 min.

SERVINGS



6

CALORIES



402 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16.3 oz biscuits refrigerated pillsbury® canned
- ☐ 2 eggs
- ☐ 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

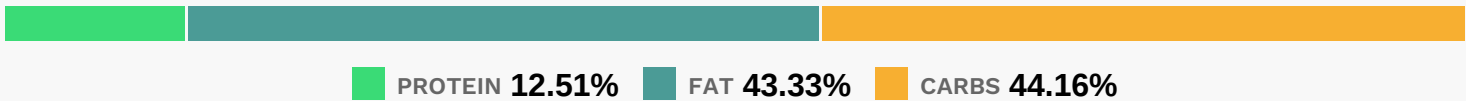
Equipment

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

Directions

- ☐ Heat oven to 350°F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray.
- ☐ In large bowl, beat ricotta cheese, 1/2 cup Gruyère 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 Gruyère 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:15.648695759151%

Nutrients (% of daily need)

Calories: 401.85kcal (20.09%), Fat: 19.56g (30.1%), Saturated Fat: 5.63g (35.2%), Carbohydrates: 44.86g (14.95%), Net Carbohydrates: 42.2g (15.35%), Sugar: 4.29g (4.77%), Cholesterol: 74.95mg (24.98%), Sodium: 1022.16mg (44.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.71g (25.42%), Phosphorus: 476.35mg (47.64%), Vitamin A: 2199.92IU (44%), Selenium: 23.44µg (33.49%), Vitamin B1: 0.4mg (26.95%), Vitamin B2: 0.42mg (24.83%), Manganese: 0.42mg (20.95%), Calcium: 190.95mg (19.1%), Folate: 75.56µg (18.89%), Iron: 3.37mg (18.72%), Vitamin B3: 3.14mg (15.71%), Fiber: 2.66g (10.64%), Potassium: 348.82mg (9.97%), Vitamin B12: 0.55µg

(9.2%), Zinc: 1.3mg (8.64%), Vitamin E: 1.28mg (8.56%), Magnesium: 32.57mg (8.14%), Vitamin B5: 0.71mg (7.06%),
Vitamin B6: 0.13mg (6.62%), Copper: 0.12mg (5.91%), Vitamin K: 5.73µg (5.45%), Vitamin C: 3.95mg (4.79%),
Vitamin D: 0.7µg (4.66%)