



Chicken Alfredo Biscuit Casserole

READY IN



35 min.

SERVINGS



5

CALORIES



471 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounce alfredo pasta sauce
- ☐ 2 cups select® broccoli florets green frozen thawed giant®
- ☐ 1 tablespoon butter melted
- ☐ 7.5 ounce biscuits refrigerated pillsbury® canned
- ☐ 2 cups meat from a rotisserie chicken cooked chopped
- ☐ 0.3 teaspoon basil leaves dried
- ☐ 2 cups mushrooms fresh sliced
- ☐ 0.3 cup milk
- ☐ 0.5 cup onion chopped

☐ 1 tablespoon parmesan cheese grated

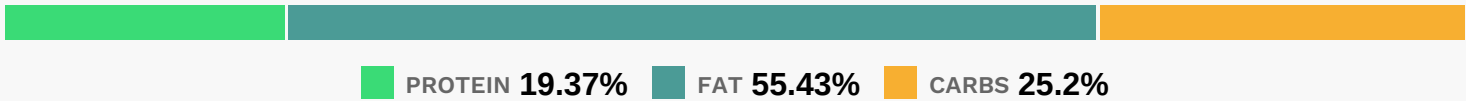
Equipment

- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375 degrees F. Spray 8-inch square (2-quart) glass baking dish with cooking spray.
- ☐ In 10-inch nonstick skillet, melt 1 tablespoon butter over medium heat. Cook mushrooms and onion in butter, stirring occasionally, about 5 minutes or until tender. Stir in Alfredo sauce, milk, chicken, broccoli and basil. Cook until mixture is thoroughly heated and bubbly, stirring constantly. Spoon into baking dish.
- ☐ Separate dough into 10 biscuits.
- ☐ Cut each biscuit in half crosswise. Arrange around edge of baking dish, overlapping slightly.
- ☐ Drizzle biscuits with melted butter; sprinkle with Parmesan cheese.
- ☐ Bake 15 to 20 minutes or until biscuits are golden brown.

Nutrition Facts



Properties

Glycemic Index:48.8, Glycemic Load:14.34, Inflammation Score:-6, Nutrition Score:17.293043696362%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 470.97kcal (23.55%), Fat: 28.83g (44.36%), Saturated Fat: 11.4g (71.26%), Carbohydrates: 29.5g (9.83%), Net Carbohydrates: 27.33g (9.94%), Sugar: 5.58g (6.2%), Cholesterol: 110.29mg (36.76%), Sodium: 1107.05mg (48.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.67g (45.33%), Vitamin C: 34.46mg (41.77%), Selenium: 26.94µg (38.49%), Vitamin K: 40.04µg (38.14%), Vitamin B3: 7.49mg (37.47%), Phosphorus: 371.53mg (37.15%), Vitamin B2: 0.43mg (25.27%), Vitamin B1: 0.29mg (19.19%), Vitamin B6: 0.38mg (19.07%), Folate: 65.37µg (16.34%), Vitamin B5: 1.53mg (15.27%), Manganese: 0.3mg (14.88%), Iron: 2.62mg (14.57%), Potassium: 506.12mg (14.46%), Copper: 0.22mg (10.75%), Zinc: 1.53mg (10.21%), Fiber: 2.17g (8.7%), Magnesium: 33.91mg (8.48%), Calcium: 75.13mg (7.51%), Vitamin A: 349.66IU (6.99%), Vitamin E: 0.93mg (6.23%), Vitamin B12: 0.32µg (5.36%), Vitamin D: 0.22µg (1.44%)