



Chicken and Biscuit Casserole

READY IN



70 min.

SERVINGS



6

CALORIES



504 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup baby carrots chopped
- 2 cups buttermilk baking mix
- 0.3 cup butter
- 10 ounce peas drained canned
- 0.5 cup celery chopped
- 4 cups chicken broth
- 4 cups chicken meat diced cooked
- 2 teaspoons basil dried
- 0.5 cup flour all-purpose

- 2 cloves garlic minced
- 0.5 teaspoon ground pepper black
- 0.7 cup milk
- 0.5 cup onion chopped
- 1 teaspoon salt
- 2 teaspoons sugar white

Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil
- wax paper

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- In a skillet, melt the butter over medium-high heat. Cook and stir the garlic, onion, celery, and carrots in butter until tender.
- Mix in the flour, sugar, salt, 1 teaspoon dried basil, and pepper. Stir in broth, and bring to a boil. Stirring constantly, boil 1 minute, reduce heat, and stir in peas. Simmer 5 minutes, then mix in chicken.
- Transfer mixture to the prepared baking dish.
- In a medium bowl, combine the baking mix and 2 teaspoons dried basil. Stir in milk to form a dough. Divide the dough into 6 to 8 balls. On floured wax paper, use the palm of your hand to flatten each ball of dough into a circular shape; place on top of chicken mixture.
- Bake in the preheated oven for 30 minutes. Cover with foil, and bake for 10 more minutes. To serve, spoon chicken mixture over biscuits.

Nutrition Facts



■ PROTEIN 25.23% ■ FAT 39.03% ■ CARBS 35.74%

Properties

Glycemic Index:59.02, Glycemic Load:7.59, Inflammation Score:-9, Nutrition Score:21.869564958241%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 503.93kcal (25.2%), Fat: 21.61g (33.25%), Saturated Fat: 8.74g (54.63%), Carbohydrates: 44.54g (14.85%), Net Carbohydrates: 41g (14.91%), Sugar: 10.72g (11.91%), Cholesterol: 97.52mg (32.51%), Sodium: 1724.01mg (74.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.44g (62.89%), Vitamin B3: 10.76mg (53.8%), Vitamin A: 2558.2IU (51.16%), Phosphorus: 501.72mg (50.17%), Selenium: 31.71µg (45.3%), Vitamin B1: 0.47mg (31.21%), Vitamin B2: 0.53mg (30.93%), Vitamin B6: 0.52mg (25.8%), Manganese: 0.51mg (25.47%), Folate: 94.89µg (23.72%), Iron: 3.92mg (21.77%), Vitamin K: 22.68µg (21.6%), Zinc: 2.39mg (15.94%), Vitamin B5: 1.57mg (15.66%), Calcium: 155.81mg (15.58%), Fiber: 3.54g (14.16%), Potassium: 493.03mg (14.09%), Magnesium: 52.12mg (13.03%), Copper: 0.23mg (11.59%), Vitamin B12: 0.62µg (10.34%), Vitamin C: 5.64mg (6.84%), Vitamin E: 0.43mg (2.85%), Vitamin D: 0.3µg (1.99%)