



Chicken and Biscuits

READY IN



50 min.

SERVINGS



50

CALORIES



47 kcal

Ingredients

- 1 cup baking mix all-purpose
- 10 oz cream of chicken soup canned
- 2 cups meat from a rotisserie chicken cooked chopped
- 0.8 cup knudsen cream sour divided
- 16 oz vegetables mixed frozen thawed (carrots, corn, green beans, peas)
- 1 cup mild cheddar cheese shredded kraft
- 3 Tbsp milk

Equipment

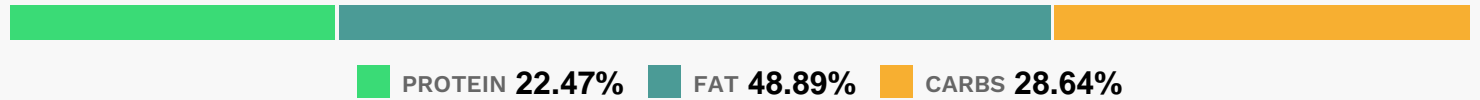
- bowl

- oven
- baking pan

Directions

- Heat oven to 375F.
- Mix soup and 1/2 cup sour cream until blended.
- Combine chicken, vegetables and cheese in large bowl.
- Add soup mixture; mix lightly.
- Spoon into 8-inch square baking dish sprayed with cooking spray.
- Stir baking mix, milk and remaining sour cream just until mixture forms soft dough. Spoon into 6 mounds over chicken mixture.
- Bake 35 min. or until chicken mixture is hot and bubbly, and biscuit topping is golden brown.

Nutrition Facts



Properties

Glycemic Index:3.06, Glycemic Load:0.59, Inflammation Score:-4, Nutrition Score:2.097391302171%

Nutrients (% of daily need)

Calories: 47.12kcal (2.36%), Fat: 2.58g (3.97%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 3.4g (1.13%), Net Carbohydrates: 2.99g (1.09%), Sugar: 0.48g (0.53%), Cholesterol: 9.11mg (3.04%), Sodium: 95.08mg (4.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.34%), Vitamin A: 518.98IU (10.38%), Phosphorus: 45.78mg (4.58%), Selenium: 2.49µg (3.55%), Vitamin B3: 0.69mg (3.46%), Calcium: 28.6mg (2.86%), Vitamin B2: 0.05mg (2.71%), Vitamin B1: 0.03mg (2.06%), Vitamin B6: 0.04mg (1.85%), Manganese: 0.04mg (1.79%), Zinc: 0.25mg (1.7%), Folate: 6.71µg (1.68%), Fiber: 0.41g (1.65%), Iron: 0.29mg (1.59%), Potassium: 46.15mg (1.32%), Magnesium: 5.24mg (1.31%), Vitamin B5: 0.13mg (1.26%), Vitamin C: 0.99mg (1.2%), Copper: 0.02mg (1.2%), Vitamin B12: 0.06µg (1.03%)