



Chicken and Biscuits

READY IN



50 min.

SERVINGS



6

CALORIES



396 kcal

Ingredients

- ☐ 1 cup baking mix all-purpose
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 2 cups meat from a rotisserie chicken cooked chopped
- ☐ 0.8 cup knudsen cream sour divided
- ☐ 16 ounce vegetables mixed frozen thawed
- ☐ 1 cup mild cheddar cheese shredded kraft
- ☐ 3 tablespoons milk

Equipment

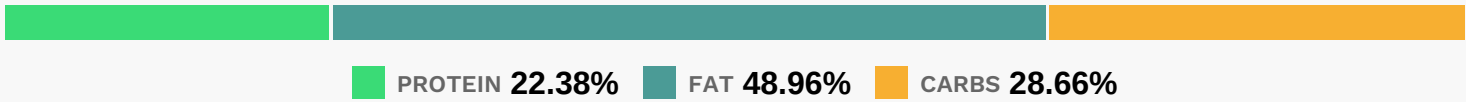
- ☐ oven

☐ baking pan

Directions

- ☐ Heat oven to 375 degrees F.
- ☐ Mix soup and 1/2 cup sour cream in 8-inch square baking dish. Stir in chicken, vegetables and cheese.
- ☐ Mix baking mix, remaining sour cream and milk just until mixture forms stiff dough.
- ☐ Spoon into 6 mounds over chicken mixture.
- ☐ Bake 35 minutes or until biscuits are golden brown and chicken mixture is hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:5.04, Inflammation Score:-10, Nutrition Score:17.543043178061%

Nutrients (% of daily need)

Calories: 395.9kcal (19.79%), Fat: 21.72g (33.41%), Saturated Fat: 9.23g (57.71%), Carbohydrates: 28.61g (9.54%), Net Carbohydrates: 25.17g (9.15%), Sugar: 4.01g (4.45%), Cholesterol: 76.16mg (25.39%), Sodium: 817.23mg (35.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.33g (44.67%), Vitamin A: 4331.25IU (86.63%), Phosphorus: 382.63mg (38.26%), Selenium: 20.78µg (29.69%), Vitamin B3: 5.78mg (28.88%), Calcium: 238.82mg (23.88%), Vitamin B2: 0.39mg (22.67%), Vitamin B1: 0.26mg (17.21%), Vitamin B6: 0.31mg (15.42%), Manganese: 0.3mg (15.01%), Zinc: 2.13mg (14.22%), Folate: 55.95µg (13.99%), Fiber: 3.44g (13.78%), Iron: 2.43mg (13.48%), Potassium: 386.31mg (11.04%), Magnesium: 43.84mg (10.96%), Vitamin B5: 1.05mg (10.54%), Copper: 0.2mg (10.21%), Vitamin C: 8.23mg (9.98%), Vitamin B12: 0.51µg (8.56%), Vitamin K: 4.29µg (4.08%), Vitamin E: 0.55mg (3.7%), Vitamin D: 0.2µg (1.3%)