



Chicken and Biscuits in a Pot

READY IN



55 min.

SERVINGS



15

CALORIES



197 kcal

Ingredients

- ☐ 0.5 cup peas frozen
- ☐ 1 large carrots cut into 1/3-inch chunks (large)
- ☐ 0.5 cup wine dry white
- ☐ 2.5 cups chicken broth low-sodium
- ☐ 15 servings pepper freshly ground
- ☐ 3 cups rotisserie chicken cut shredded
- ☐ 1 tablespoon sage chopped
- ☐ 15 servings salt
- ☐ 1.3 cups self raising flour
- ☐ 2 shallots thinly sliced

- ☐ 0.5 pound mushroom caps stemmed thinly sliced
- ☐ 1 tablespoon thyme leaves chopped
- ☐ 6 tablespoons butter unsalted
- ☐ 0.5 cup milk whole

Equipment

- ☐ food processor
- ☐ oven
- ☐ broiler
- ☐ ice cream scoop
- ☐ dutch oven

Directions

- ☐ Preheat the oven to 42
- ☐ In a large Dutch oven or enameled cast-iron casserole, melt 2 tablespoons of the butter.
- ☐ Add the shallots, mushrooms and carrot chunks and cook over moderate heat, stirring, until the shallots and mushrooms are softened, about 8 minutes.
- ☐ Add the wine and cook until completely evaporated, about 1 minute. Stir in the 1 tablespoon of flour and the broth and bring to a boil. Season with salt and pepper. Simmer until thick, about 3 minutes. Stir in the chicken and peas.
- ☐ In a food processor, combine the remaining 1 1/4 cups of flour with the remaining 4 tablespoons of butter and the chopped sage and thyme; pulse 5 times.
- ☐ Add the milk; pulse just until a soft dough forms.
- ☐ Using a small ice cream scoop or a tablespoon, scoop 20 balls of dough over the chicken stew.
- ☐ Bake in the center of the oven for 25 minutes. Turn on the broiler and broil for 1 to 2 minutes, until the biscuits are golden.
- ☐ Let rest for 5 minutes before serving.

Nutrition Facts



 **PROTEIN 33.3%**  **FAT 42.76%**  **CARBS 23.94%**

Properties

Glycemic Index:23.34, Glycemic Load:5.79, Inflammation Score:-7, Nutrition Score:7.220869437508%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 197.28kcal (9.86%), Fat: 9.22g (14.18%), Saturated Fat: 4.17g (26.07%), Carbohydrates: 11.61g (3.87%), Net Carbohydrates: 10.35g (3.76%), Sugar: 1.69g (1.87%), Cholesterol: 58.44mg (19.48%), Sodium: 379.49mg (16.5%), Alcohol: 0.82g (100%), Alcohol %: 0.7% (100%), Protein: 16.15g (32.3%), Copper: 1.29mg (64.6%), Vitamin A: 1015.04IU (20.3%), Manganese: 0.22mg (11.23%), Selenium: 5.35µg (7.65%), Vitamin B3: 1.41mg (7.07%), Phosphorus: 59.54mg (5.95%), Fiber: 1.26g (5.06%), Vitamin B2: 0.08mg (4.58%), Vitamin B6: 0.09mg (4.47%), Potassium: 153.63mg (4.39%), Vitamin C: 3.23mg (3.92%), Vitamin B5: 0.34mg (3.44%), Magnesium: 12.38mg (3.1%), Iron: 0.52mg (2.91%), Zinc: 0.43mg (2.89%), Folate: 11.07µg (2.77%), Calcium: 24.61mg (2.46%), Vitamin K: 2.5µg (2.38%), Vitamin B1: 0.04mg (2.36%), Vitamin D: 0.23µg (1.56%), Vitamin B12: 0.09µg (1.55%), Vitamin E: 0.22mg (1.44%)