



WHATSheATE



Chicken and Broccoli Casserole with Cheesy Biscuit Topping

 Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



120 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10.8 ounces cream of chicken soup canned
- ☐ 0.5 cup milk
- ☐ 2 cups lawry's seasoned salt diced cooked
- ☐ 12 oz broccoli frozen thawed drained
- ☐ 2 ounces pimientos diced drained
- ☐ 7.8 ounces complete seasoning
- ☐ 0.5 cup water

☐ 1 tablespoon chives fresh chopped

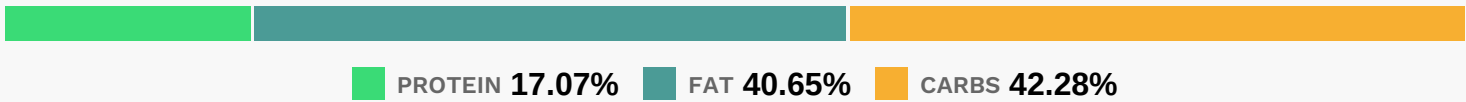
Equipment

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

Directions

- ☐ Heat oven to 425°F. Spray 2-quart casserole or 8-inch square glass baking dish with cooking spray. In casserole or baking dish, mix soup and milk until well blended. Stir in chicken, broccoli and pimientos.
- ☐ Cover and bake casserole about 25 minutes or until bubbly.
- ☐ About 5 minutes before removing casserole from oven, make biscuit mix as directed on package, using water. Drop dough by 8 large spoonfuls onto chicken mixture around the edges.
- ☐ Sprinkle with chives.
- ☐ Bake uncovered 12 to 17 minutes or until bubbly and biscuits are golden brown.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:4.24, Inflammation Score:-8, Nutrition Score:16.71695663618%

Flavonoids

Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 6.74mg, Kaempferol: 6.74mg, Kaempferol: 6.74mg, Kaempferol: 6.74mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 119.98kcal (6%), Fat: 5.74g (8.84%), Saturated Fat: 1.97g (12.29%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 10.89g (3.96%), Sugar: 3.81g (4.23%), Cholesterol: 9.76mg (3.25%), Sodium: 62108.55mg (2700.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.86%), Vitamin C: 91.12mg (110.44%),

Vitamin K: 93.01µg (88.58%), Vitamin A: 1126.91IU (22.54%), Manganese: 0.39mg (19.67%), Folate: 56.88µg (14.22%), Calcium: 125.76mg (12.58%), Iron: 2.21mg (12.3%), Phosphorus: 113.97mg (11.4%), Potassium: 393.09mg (11.23%), Vitamin B2: 0.19mg (11.05%), Vitamin B6: 0.21mg (10.29%), Fiber: 2.56g (10.22%), Copper: 0.2mg (9.89%), Vitamin E: 1.21mg (8.07%), Vitamin B5: 0.75mg (7.51%), Magnesium: 27.63mg (6.91%), Selenium: 4.33µg (6.19%), Vitamin B1: 0.09mg (6.06%), Zinc: 0.88mg (5.87%), Vitamin B3: 0.99mg (4.93%), Vitamin B12: 0.16µg (2.74%), Vitamin D: 0.34µg (2.24%)