



## Chicken Chile Verde

 **Gluten Free**

READY IN



**10 min.**

SERVINGS



**6**

CALORIES



**306 kcal**

### Ingredients

- 1 cup cream sour
- 1 teaspoon chili powder
- 15 ounces black beans rinsed drained canned
- 14.5 ounces canned tomatoes diced with green chilies, drained canned
- 10.8 ounces cream of chicken soup canned
- 9 ounces chicken tenderloins frozen thawed cooked cut in half
- 4 oz chilis green drained chopped canned
- 0.7 cup milk
- 2 ounces cheddar cheese shredded

2.3 cups frangelico

## Equipment

frying pan

oven

## Directions

Heat oven to 400°.

Mix sour cream, cumin, beans, tomatoes, soup, chicken and chiles.

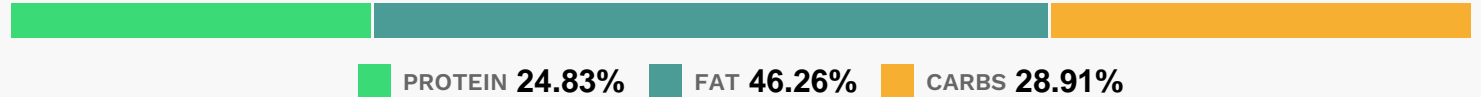
Pour into ungreased square pan, 9x9x2 inches.

Bake uncovered 15 minutes.

Stir Bisquick mix, milk and cheese until soft dough forms. Drop dough by 12 spoonfuls onto hot chicken mixture.

Bake uncovered 18 to 20 minutes or until biscuits are golden brown.

## Nutrition Facts



## Properties

Glycemic Index:18, Glycemic Load:2.11, Inflammation Score:-6, Nutrition Score:15.675652089326%

## Nutrients (% of daily need)

Calories: 305.96kcal (15.3%), Fat: 15.94g (24.53%), Saturated Fat: 7.37g (46.08%), Carbohydrates: 22.42g (7.47%), Net Carbohydrates: 16.41g (5.97%), Sugar: 4.57g (5.08%), Cholesterol: 66.6mg (22.2%), Sodium: 849.39mg (36.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.25g (38.5%), Phosphorus: 297.48mg (29.75%), Selenium: 20.3µg (28.99%), Vitamin B3: 5.79mg (28.94%), Vitamin B6: 0.5mg (25.1%), Fiber: 6.01g (24.05%), Calcium: 202.06mg (20.21%), Vitamin B2: 0.34mg (20.05%), Vitamin C: 15.66mg (18.98%), Potassium: 653.04mg (18.66%), Iron: 3.06mg (16.99%), Folate: 66.01µg (16.5%), Magnesium: 56.32mg (14.08%), Vitamin A: 688.26IU (13.77%), Copper: 0.27mg (13.67%), Manganese: 0.27mg (13.54%), Vitamin B1: 0.19mg (12.81%), Vitamin B5: 1.2mg (12.03%), Zinc: 1.49mg (9.92%), Vitamin E: 1.18mg (7.85%), Vitamin B12: 0.41µg (6.87%), Vitamin K: 5.39µg (5.13%), Vitamin D: 0.4µg (2.65%)