



## Chicken N Biscuits

READY IN



55 min.

SERVINGS



6

CALORIES



546 kcal

### Ingredients

- 16 ounces savory vegetable mixed frozen
- 2.5 cups roasted chicken cubed cooked
- 10 ounces cream of chicken soup undiluted canned
- 0.8 cup milk 2%
- 1.5 cups cheddar cheese shredded divided
- 8 bacon crumbled cooked
- 1.5 cups baking mix
- 0.7 cup milk 2%
- 2.8 ounces bread canned

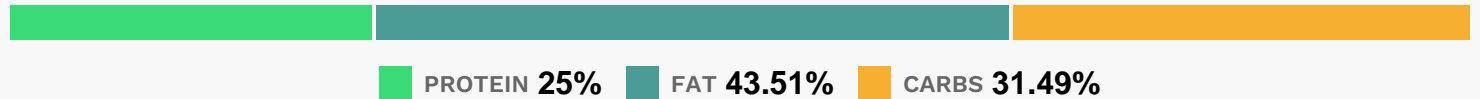
## Equipment

- bowl
- oven
- baking pan

## Directions

- In a large bowl, combine the vegetables, chicken, soup, milk, 1 cup cheese and bacon if desired.
- Pour into an ungreased 13x9-in. baking dish. Cover and bake at 400&deg; for 15 minutes.
- Meanwhile, in another bowl, combine biscuit mix and milk. Drop batter by tablespoonfuls onto chicken mixture.
- Bake, uncovered, for 20–22 minutes or until biscuits are golden brown. Top with onions and remaining cheese.
- Bake 3–4 minutes longer or until the cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:32.58, Glycemic Load:10.15, Inflammation Score:-10, Nutrition Score:24.443913164346%

## Nutrients (% of daily need)

Calories: 545.75kcal (27.29%), Fat: 26.38g (40.58%), Saturated Fat: 10.6g (66.22%), Carbohydrates: 42.96g (14.32%), Net Carbohydrates: 39.02g (14.19%), Sugar: 7.27g (8.08%), Cholesterol: 91.4mg (30.47%), Sodium: 1263.56mg (54.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.1g (68.19%), Vitamin A: 4293.86IU (85.88%), Phosphorus: 582.68mg (58.27%), Selenium: 36.38µg (51.97%), Vitamin B3: 8.92mg (44.58%), Calcium: 360.86mg (36.09%), Vitamin B2: 0.61mg (35.99%), Vitamin B1: 0.49mg (32.71%), Vitamin B6: 0.45mg (22.32%), Zinc: 3.31mg (22.08%), Folate: 88.28µg (22.07%), Manganese: 0.41mg (20.54%), Iron: 3.43mg (19.06%), Vitamin B12: 1µg (16.62%), Fiber: 3.94g (15.78%), Magnesium: 61.08mg (15.27%), Potassium: 534.37mg (15.27%), Vitamin B5: 1.52mg (15.25%), Copper: 0.25mg (12.71%), Vitamin C: 8.11mg (9.83%), Vitamin K: 4.77µg (4.54%), Vitamin E: 0.6mg (3.97%), Vitamin D: 0.21µg (1.41%)