



Chicken Pot Pie in Biscuit Bowls

READY IN



45 min.

SERVINGS



8

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings biscuits
- ☐ 2 tablespoons butter
- ☐ 0.5 cup celery finely chopped
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 2.5 cups roasted chicken cooked chopped
- ☐ 0.5 teaspoon thyme dried
- ☐ 10 ounce savory vegetable mixed frozen thawed
- ☐ 0.5 cup milk
- ☐ 0.5 cup onion finely chopped (1 small onion)

- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon poultry seasoning
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces sharp cheddar cheese shredded

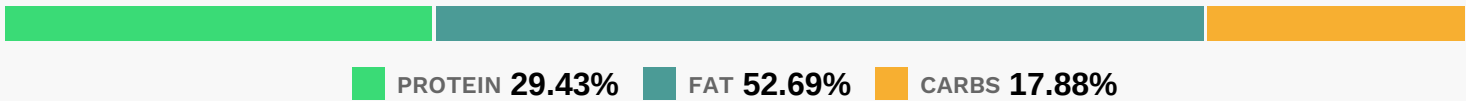
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Melt butter in a large skillet over medium-high heat; add 1/2 cup onion and 1/2 cup celery, and saut 2 to 3 minutes or until tender.
- ☐ Whisk in cream of chicken soup, 1/2 cup milk, 1/2 teaspoon dried thyme, and 1/2 teaspoon poultry seasoning; cook over medium-low heat 3 to 4 minutes, stirring occasionally.
- ☐ Add 1 cup Cheddar cheese, stirring constantly, until cheese melts. Stir in cooked chicken, mixed vegetables, salt, and pepper. Cook over low heat, stirring often, 10 minutes or until thoroughly heated.
- ☐ Spoon warm chicken mixture evenly into Biscuit Bowls.

Nutrition Facts



Properties

Glycemic Index:38.63, Glycemic Load:3.6, Inflammation Score:-9, Nutrition Score:10.649999970975%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 231.58kcal (11.58%), Fat: 13.61g (20.94%), Saturated Fat: 5.1g (31.89%), Carbohydrates: 10.4g (3.47%), Net Carbohydrates: 8.62g (3.14%), Sugar: 1.54g (1.71%), Cholesterol: 51.87mg (17.29%), Sodium: 536.03mg (23.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.11g (34.22%), Vitamin A: 2213.6IU (44.27%), Selenium: 16.21µg (23.16%), Phosphorus: 207.1mg (20.71%), Vitamin B3: 4.14mg (20.69%), Calcium: 147.81mg (14.78%), Vitamin B6: 0.25mg (12.61%), Vitamin B2: 0.21mg (12.16%), Zinc: 1.56mg (10.38%), Manganese: 0.17mg (8.74%), Iron: 1.49mg (8.3%), Potassium: 265.53mg (7.59%), Fiber: 1.77g (7.08%), Vitamin B5: 0.71mg (7.07%), Magnesium: 27.48mg (6.87%), Vitamin B1: 0.1mg (6.62%), Copper: 0.12mg (6.09%), Vitamin B12: 0.36µg (6.07%), Vitamin K: 6.16µg (5.87%), Vitamin C: 4.71mg (5.71%), Folate: 21.48µg (5.37%), Vitamin E: 0.47mg (3.12%), Vitamin D: 0.25µg (1.69%)