



Country Chicken and Biscuits

 Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



173 kcal

Ingredients

- ☐ 6 cups roasted chicken cooked
- ☐ 1.3 cups onion chopped
- ☐ 1.3 cups celery stalks chopped
- ☐ 12 oz savory vegetable mixed frozen
- ☐ 3.5 cups chicken broth (from 32-oz carton)
- ☐ 0.3 cup cornstarch
- ☐ 0.8 cup water cold
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 cup milk

☐ 3.3 cups frangelico

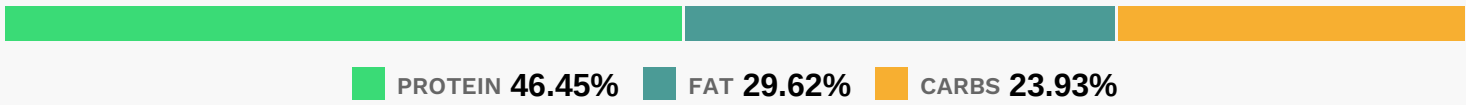
Equipment

- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Heat oven to 400°F.
- ☐ Heat chicken, onions, celery, mixed vegetables and chicken broth to boiling in 5-quart Dutch oven. Stir cornstarch into cold water until dissolved; stir into chicken mixture.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute; remove from heat. Stir in parsley.
- ☐ Pour into ungreased rectangular pan, 13x9x2 inches.
- ☐ Stir Bisquick mix and milk until soft dough forms. Drop by 30 teaspoonfuls onto chicken mixture.
- ☐ Bake 25 to 30 minutes or until biscuits are golden brown.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:1.96, Inflammation Score:-8, Nutrition Score:10.506956629131%

Flavonoids

Apigenin: 1.74mg, Apigenin: 1.74mg, Apigenin: 1.74mg, Apigenin: 1.74mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg

Nutrients (% of daily need)

Calories: 173.28kcal (8.66%), Fat: 5.62g (8.65%), Saturated Fat: 1.69g (10.59%), Carbohydrates: 10.22g (3.41%), Net Carbohydrates: 8.58g (3.12%), Sugar: 2.13g (2.36%), Cholesterol: 56.31mg (18.77%), Sodium: 338.36mg (14.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.84g (39.68%), Vitamin A: 1606.33IU (32.13%), Vitamin B3:

6.1mg (30.52%), Selenium: 18.22µg (26.03%), Phosphorus: 182.61mg (18.26%), Vitamin B6: 0.35mg (17.75%), Vitamin K: 14.14µg (13.47%), Vitamin B2: 0.21mg (12.16%), Zinc: 1.38mg (9.17%), Potassium: 318.73mg (9.11%), Vitamin B5: 0.86mg (8.58%), Vitamin B1: 0.11mg (7.61%), Manganese: 0.15mg (7.44%), Iron: 1.28mg (7.1%), Magnesium: 28.04mg (7.01%), Fiber: 1.64g (6.56%), Vitamin C: 5.39mg (6.54%), Vitamin B12: 0.33µg (5.44%), Calcium: 52.72mg (5.27%), Folate: 19.69µg (4.92%), Copper: 0.09mg (4.6%), Vitamin D: 0.22µg (1.49%)