



Cream of Chicken and Biscuits

READY IN

ready

55 min.

SERVINGS

servings

6

CALORIES

calories

420 kcal

Ingredients

- ☐ 2 large biscuits cut into pieces
- ☐ 43 ounce cream of chicken soup canned
- ☐ 1 tablespoon cornstarch
- ☐ 2 teaspoons garlic powder
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 2 cups milk
- ☐ 1 pound chicken breast halves boneless skinless

Equipment

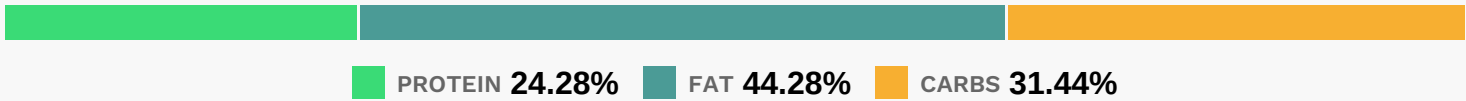
- ☐ bowl

- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ cutting board

Directions

- ☐ Place chicken breasts in a saucepan with enough water to cover; bring to boil and cook chicken until until no longer pink in the center and the juices run clear, about 10 minutes.
- ☐ Remove chicken to a cutting board to cool; cut into chunks.
- ☐ Stir cream of chicken soup, milk, cornstarch, and garlic powder together in a pot over medium heat; season with salt and pepper. Stir chicken chunks into soup mixture; cook, stirring occasionally, until hot and the soup thickens, about 30 minutes.
- ☐ Divide biscuit pieces among 6 bowls. Ladle chicken and sauce over biscuits to serve.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:15.62, Inflammation Score:-5, Nutrition Score:16.703913077064%

Nutrients (% of daily need)

Calories: 420.16kcal (21.01%), Fat: 20.53g (31.58%), Saturated Fat: 6.03g (37.7%), Carbohydrates: 32.8g (10.93%), Net Carbohydrates: 32.34g (11.76%), Sugar: 5.93g (6.59%), Cholesterol: 74.65mg (24.88%), Sodium: 1787.39mg (77.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.32g (50.65%), Selenium: 34.7µg (49.58%), Vitamin B3: 9.64mg (48.18%), Phosphorus: 418.73mg (41.87%), Vitamin B6: 0.64mg (32.24%), Vitamin B2: 0.36mg (21.05%), Iron: 3.35mg (18.63%), Vitamin B5: 1.86mg (18.57%), Potassium: 572.06mg (16.34%), Vitamin B1: 0.23mg (15.63%), Copper: 0.31mg (15.5%), Calcium: 146.1mg (14.61%), Manganese: 0.28mg (13.83%), Vitamin E: 1.63mg (10.85%), Magnesium: 42.89mg (10.72%), Vitamin A: 525.27IU (10.51%), Vitamin B12: 0.63µg (10.44%), Zinc: 1.52mg (10.11%), Vitamin K: 9.95µg (9.47%), Vitamin D: 0.97µg (6.47%), Folate: 25.54µg (6.39%), Fiber: 0.46g (1.84%), Vitamin C: 1.12mg (1.36%)