



Creamed Chicken and Biscuits!

READY IN



55 min.

SERVINGS



6

CALORIES



484 kcal

Ingredients

- 1.5 teaspoons butter
- 4 cups meat from a rotisserie chicken cooked chopped
- 10.8 ounce cream of chicken soup canned
- 6 biscuits frozen thawed
- 1 cup mild cheddar cheese shredded divided
- 0.5 cup milk
- 0.5 large onion chopped
- 0.5 cup pimento chopped
- 1 cup cup heavy whipping cream sour

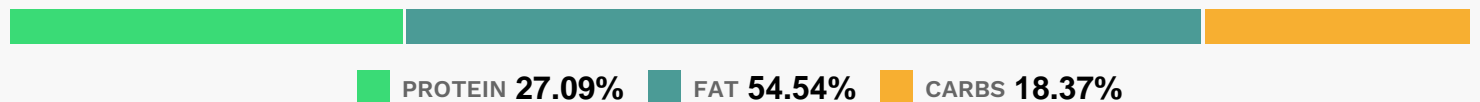
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 7x11-inch baking dish.
- Melt butter in a skillet over medium heat; cook and stir onion until translucent, about 5 minutes.
- Transfer onion to a bowl; stir chicken, chicken soup, sour cream, milk, and pimentos with the onion.
- Pour mixture into the prepared baking dish.
- Bake in the preheated oven until chicken and sauce are hot, about 15 minutes.
- Sprinkle top with 3/4 cup shredded Cheddar cheese; arrange biscuits in a single layer over chicken mixture. Top with remaining 1/4 cup Cheddar cheese.
- Return to oven and bake until sauce is bubbling and the biscuits are golden brown, 20 more minutes.

Nutrition Facts



Properties

Glycemic Index:49.17, Glycemic Load:10.87, Inflammation Score:-7, Nutrition Score:17.340869520022%

Flavonoids

Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 483.51kcal (24.18%), Fat: 29.15g (44.85%), Saturated Fat: 11.75g (73.41%), Carbohydrates: 22.08g (7.36%), Net Carbohydrates: 21.15g (7.69%), Sugar: 4.62g (5.14%), Cholesterol: 120.91mg (40.3%), Sodium: 834.94mg

(36.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.58g (65.16%), Selenium: 36.24µg (51.78%), Phosphorus: 454.26mg (45.43%), Vitamin B3: 8.66mg (43.31%), Vitamin B2: 0.43mg (25.32%), Vitamin B6: 0.49mg (24.68%), Calcium: 232.71mg (23.27%), Vitamin C: 17.96mg (21.77%), Vitamin A: 1048IU (20.96%), Zinc: 2.66mg (17.71%), Iron: 2.97mg (16.51%), Vitamin B1: 0.21mg (14.23%), Vitamin B5: 1.39mg (13.86%), Potassium: 441.45mg (12.61%), Vitamin B12: 0.7µg (11.68%), Magnesium: 39.97mg (9.99%), Manganese: 0.19mg (9.7%), Folate: 34.37µg (8.59%), Copper: 0.17mg (8.42%), Vitamin E: 1.09mg (7.29%), Vitamin K: 6.05µg (5.76%), Fiber: 0.93g (3.73%), Vitamin D: 0.34µg (2.24%)