



Creamed Chicken in Biscuit Bowls

READY IN



30 min.

SERVINGS



8

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings biscuit bowls
- ☐ 2 tablespoons butter
- ☐ 0.5 cup celery finely chopped
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 2.5 cups meat from a rotisserie chicken cooked chopped
- ☐ 0.3 teaspoon tarragon dried
- ☐ 0.5 cup mushrooms fresh sliced
- ☐ 0.5 cup milk
- ☐ 0.5 cup onion finely chopped (1 small onion)

- ☐ 16 ounce peas-carrots mix shopping list frozen thawed
- ☐ 0.5 teaspoon pepper
- ☐ 2 ounce pimientos diced drained
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces sharp cheddar cheese shredded

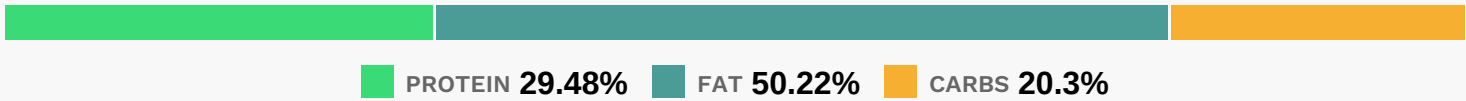
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Melt butter in a large skillet over medium-high heat; add 1/2 cup onion, 1/2 cup celery, and 1/2 cup sliced mushrooms, and saut 2 to 3 minutes or until tender.
- ☐ Whisk in cream of chicken soup, 1/2 cup milk, and 1/4 teaspoon dried tarragon; 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, peas and carrots, diced pimiento, salt, and pepper. Cook over low heat, stirring often, 10 minutes or until thoroughly heated.
- ☐ Spoon warm chicken mixture evenly into Biscuit Bowls.
- ☐ Chicken Pot Pie in Biscuit Bowls: Substitute 1 (10-ounce) thawed package frozen mixed vegetables for peas and carrots.
- ☐ Add 1/2 teaspoon dried thyme and 1/2 teaspoon poultry seasoning. Omit tarragon, sliced mushrooms, and pimiento. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:51.38, Glycemic Load:2.28, Inflammation Score:-10, Nutrition Score:15.057826062907%

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: 241.88kcal (12.09%), Fat: 13.73g (21.12%), Saturated Fat: 5.12g (31.98%), Carbohydrates: 12.49g (4.16%), Net Carbohydrates: 10.02g (3.64%), Sugar: 1.88g (2.09%), Cholesterol: 51.87mg (17.29%), Sodium: 565.64mg (24.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.13g (36.27%), Vitamin A: 5983.95IU (119.68%), Selenium: 17.31µg (24.73%), Vitamin B3: 4.76mg (23.82%), Phosphorus: 226.71mg (22.67%), Vitamin C: 14.86mg (18.01%), Calcium: 153.22mg (15.32%), Vitamin B6: 0.3mg (15%), Vitamin B2: 0.25mg (14.83%), Zinc: 1.73mg (11.56%), Vitamin B1: 0.17mg (11.31%), Manganese: 0.22mg (11.12%), Iron: 1.85mg (10.27%), Fiber: 2.47g (9.88%), Potassium: 333.68mg (9.53%), Vitamin B5: 0.85mg (8.53%), Folate: 32.95µg (8.24%), Copper: 0.16mg (8.07%), Magnesium: 30.01mg (7.5%), Vitamin B12: 0.37µg (6.11%), Vitamin K: 4.81µg (4.58%), Vitamin E: 0.52mg (3.48%), Vitamin D: 0.26µg (1.77%)