



Creamy Dilled Chicken Casserole

READY IN



45 min.

SERVINGS



4

CALORIES



487 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 ounce biscuit dough refrigerated
- ☐ 4 chicken breast halves boneless cooked
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 0.5 teaspoon dill weed dried
- ☐ 0.3 cup olives green sliced
- ☐ 0.5 cup milk

Equipment

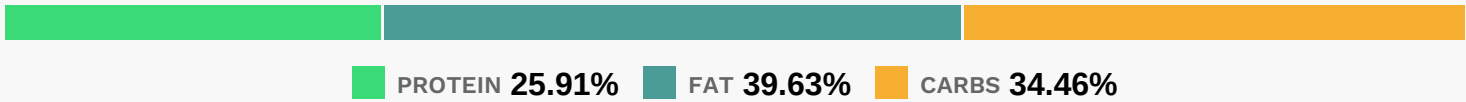
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place cooked chicken breasts in a 7x11 inch baking dish.
- ☐ Combine the soup, milk, dill weed and olives.
- ☐ Mix together and pour mixture over chicken. Top each chicken breast with 2 biscuits.
- ☐ Bake in the preheated oven for 20 minutes or until biscuits are golden brown.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:24.63, Inflammation Score:-5, Nutrition Score:20.70478262072%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 486.93kcal (24.35%), Fat: 21.29g (32.75%), Saturated Fat: 4.44g (27.73%), Carbohydrates: 41.65g (13.88%), Net Carbohydrates: 40.43g (14.7%), Sugar: 4.39g (4.88%), Cholesterol: 82.78mg (27.59%), Sodium: 1477.04mg (64.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.31g (62.62%), Selenium: 51.59µg (73.7%), Vitamin B3: 14.52mg (72.58%), Phosphorus: 597.5mg (59.75%), Vitamin B6: 0.9mg (45.15%), Vitamin B1: 0.4mg (26.95%), Vitamin B2: 0.4mg (23.41%), Vitamin B5: 2.08mg (20.85%), Iron: 3.67mg (20.37%), Potassium: 667.62mg (19.07%), Manganese: 0.35mg (17.64%), Folate: 55.91µg (13.98%), Vitamin E: 1.9mg (12.66%), Magnesium: 49.63mg (12.41%), Copper: 0.2mg (9.9%), Calcium: 95.18mg (9.52%), Zinc: 1.35mg (8.99%), Vitamin B12: 0.49µg (8.17%), Vitamin K: 6.47µg (6.16%), Vitamin A: 263.86IU (5.28%), Fiber: 1.22g (4.87%), Vitamin D: 0.45µg (2.99%), Vitamin C: 1.49mg (1.81%)