



Crunchy Biscuit Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



829 kcal

Ingredients

- ☐ 10 oz grands flaky refrigerator biscuits refrigerated
- ☐ 1 tablespoons butter melted
- ☐ 4 oz mushrooms sliced canned
- ☐ 0.3 cup cheddar cheese crushed
- ☐ 2 cups roasted chicken diced cooked
- ☐ 10.8 oz cream of chicken soup canned
- ☐ 14.5 oz green beans canned
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 cup salad dressing
- ☐ 1 cup cheddar cheese shredded

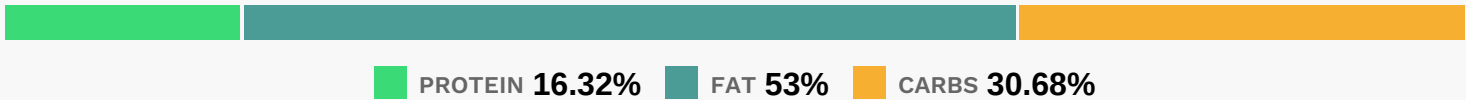
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine first 7 ingredients in a medium saucepan over medium heat; cook until hot and bubbly.
- ☐ Pour hot chicken mixture into an ungreased 13"x9" baking pan.
- ☐ Seperate biscuit dough into 10 biscuits. Arrange biscuits over chicken mixture.
- ☐ Brush each biscuit with butter; sprinkle with croutons.
- ☐ Bake, uncovered, at 375 for 25 to 30 minutes or until deep, golden brown.

Nutrition Facts



Properties

Glycemic Index:64.25, Glycemic Load:32.95, Inflammation Score:-8, Nutrition Score:26.477826242862%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 828.65kcal (41.43%), Fat: 48.96g (75.32%), Saturated Fat: 17.81g (111.31%), Carbohydrates: 63.78g (21.26%), Net Carbohydrates: 59.4g (21.6%), Sugar: 23.06g (25.62%), Cholesterol: 101.43mg (33.81%), Sodium: 1509.34mg (65.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.92g (67.84%), Vitamin K: 72.65µg (69.19%), Selenium: 35.46µg (50.65%), Vitamin B3: 9.41mg (47.03%), Phosphorus: 429.64mg (42.96%), Vitamin B2: 0.63mg (37.08%), Calcium: 323.82mg (32.38%), Manganese: 0.63mg (31.31%), Iron: 5.18mg (28.8%), Vitamin B1: 0.43mg (28.56%), Vitamin A: 1389.35IU (27.79%), Vitamin B6: 0.54mg (27.17%), Folate: 107.52µg (26.88%), Vitamin E:

3.56mg (23.71%), Zinc: 3.4mg (22.69%), Copper: 0.36mg (17.81%), Fiber: 4.38g (17.52%), Magnesium: 68.76mg (17.19%), Vitamin B5: 1.65mg (16.53%), Potassium: 567.4mg (16.21%), Vitamin C: 13.22mg (16.02%), Vitamin B12: 0.58µg (9.72%), Vitamin D: 0.27µg (1.79%)