



Easy A La King Biscuit Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



481 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup butter melted
- 16 ounce biscuits refrigerated canned
- 1.5 cups mushrooms canned drained
- 1 cup carrots cooked sliced
- 2.5 cups rotisserie chicken breast meat boneless skinless cubed
- 1.5 cups chicken broth
- 0.1 cup flour all-purpose
- 1.5 cups peas green
- 0.5 onion chopped

0.3 cup bell pepper red chopped

Equipment

sauce pan

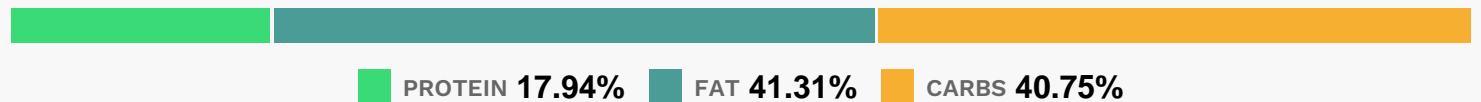
oven

baking pan

Directions

- Melt butter in a medium saucepan over medium heat; stir in flour, then pour in broth and let thicken, stirring.
- Add chicken, peas, mushrooms, carrots, onion and bell pepper.
- Mix together and bring to a boil.
- Preheat oven to 350 degrees F (175 degrees C).
- Pour chicken mixture into a 9x13 inch baking dish.
- Place refrigerated biscuits over top and bake in preheated oven for 25 to 30 minutes, or until biscuits are done.

Nutrition Facts



Properties

Glycemic Index:56.69, Glycemic Load:26.98, Inflammation Score:-10, Nutrition Score:25.070435003094%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 481.15kcal (24.06%), Fat: 22.25g (34.23%), Saturated Fat: 7.16g (44.78%), Carbohydrates: 49.4g (16.47%), Net Carbohydrates: 44.46g (16.17%), Sugar: 7.52g (8.36%), Cholesterol: 62.27mg (20.76%), Sodium: 1246.37mg (54.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.74g (43.47%), Vitamin A: 4293.63IU (85.87%), Vitamin B3: 11mg (55%), Phosphorus: 540.39mg (54.04%), Selenium: 37.75µg (53.93%), Vitamin B1: 0.55mg

(36.49%), Vitamin B6: 0.65mg (32.43%), Vitamin C: 25.13mg (30.47%), Manganese: 0.58mg (29.1%), Folate: 97.36µg (24.34%), Vitamin B2: 0.41mg (24.13%), Iron: 3.84mg (21.34%), Fiber: 4.94g (19.76%), Potassium: 649.73mg (18.56%), Vitamin B5: 1.59mg (15.88%), Vitamin K: 16.04µg (15.28%), Magnesium: 52.49mg (13.12%), Copper: 0.26mg (13.09%), Vitamin E: 1.65mg (11.02%), Zinc: 1.61mg (10.71%), Calcium: 68.11mg (6.81%), Vitamin B12: 0.26µg (4.31%)