



Easy Herb-Chicken Bake

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



202 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup celery chopped
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 2 cups roasted chicken cubed cooked
- ☐ 12 oz corn frozen
- ☐ 10.8 oz cream of chicken soup canned

- ☐ 0.3 cup milk
- ☐ 3 oz cheddar cheese shredded
- ☐ 0.8 teaspoon thyme leaves dried
- ☐ 1 cup frangelico

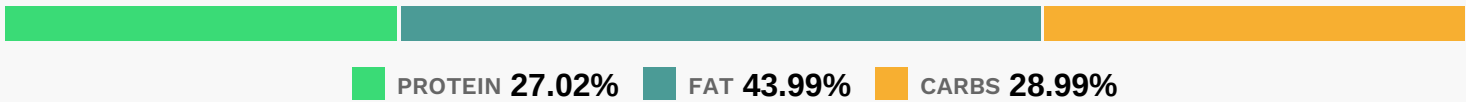
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 400°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray.
- ☐ In 10-inch skillet, melt butter over medium-high heat.
- ☐ Add onion, celery, bell pepper and seasoned salt; cook about 5 minutes, stirring occasionally, until vegetables are tender. Stir in chicken, corn and soup; cook and stir until hot.
- ☐ In medium bowl, mix Bisquick mix, milk, 1/2 cup of the cheese and the thyme. With floured fingers, press crust mixture evenly over bottom and 1 inch up sides of baking dish. Spoon hot filling into crust.
- ☐ Bake 22 to 30 minutes or until crust is golden brown.
- ☐ Sprinkle top with remaining 1/4 cup cheese.
- ☐ Cut into squares; serve hot.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:1.74, Inflammation Score:-6, Nutrition Score:8.9165217461793%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg 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: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 202.44kcal (10.12%), Fat: 10.17g (15.65%), Saturated Fat: 3.82g (23.87%), Carbohydrates: 15.08g (5.03%), Net Carbohydrates: 13.4g (4.87%), Sugar: 1.51g (1.67%), Cholesterol: 40.84mg (13.61%), Sodium: 535.91mg (23.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.05g (28.11%), Vitamin C: 16.26mg (19.71%), Vitamin B3: 3.76mg (18.81%), Selenium: 12.91µg (18.45%), Phosphorus: 179.83mg (17.98%), Vitamin B6: 0.28mg (13.81%), Vitamin A: 595.88IU (11.92%), Vitamin B2: 0.18mg (10.56%), Calcium: 102.63mg (10.26%), Zinc: 1.41mg (9.43%), Potassium: 296.03mg (8.46%), Folate: 30.31µg (7.58%), Magnesium: 29.44mg (7.36%), Iron: 1.24mg (6.9%), Fiber: 1.68g (6.73%), Vitamin B5: 0.67mg (6.7%), Manganese: 0.13mg (6.69%), Vitamin B1: 0.09mg (5.93%), Copper: 0.1mg (5.14%), Vitamin B12: 0.26µg (4.29%), Vitamin K: 4.19µg (3.99%), Vitamin E: 0.51mg (3.4%)