



Homestyle Chicken and Biscuits

READY IN



35 min.

SERVINGS



4

CALORIES



933 kcal

Ingredients

- 1 package biscuits refrigerated
- 9 ounce premium chicken chunk drained swanson® canned
- 10.8 ounce campbell's® condensed cream of chicken soup fat free 98% canned
- 0.3 teaspoon ground pepper black
- 0.3 cup milk
- 0.8 cup cheddar cheese shredded
- 16 ounce vegetable combination frozen (broccoli, cauliflower, carrots)

Equipment

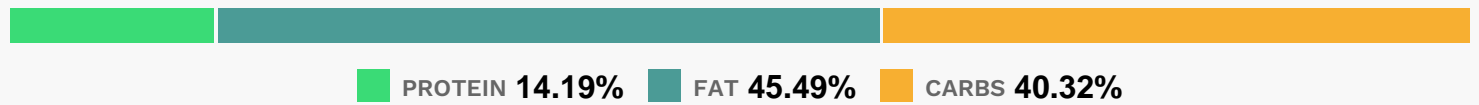
- oven

baking pan

Directions

- Mix soup, milk, cheese and pepper in 3-quart shallow baking dish. Stir in vegetables and chicken.
- Bake at 400 degrees F for 15 minutes. Stir chicken mixture.
- Top with biscuits.
- Bake 15 minutes or until biscuits are golden.

Nutrition Facts



Properties

Glycemic Index:62.25, Glycemic Load:52.6, Inflammation Score:-10, Nutrition Score:26.681738926017%

Nutrients (% of daily need)

Calories: 933.31kcal (46.67%), Fat: 47.32g (72.81%), Saturated Fat: 16.31g (101.91%), Carbohydrates: 94.38g (31.46%), Net Carbohydrates: 88.35g (32.13%), Sugar: 25.52g (28.35%), Cholesterol: 61.01mg (20.34%), Sodium: 1437.11mg (62.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.22g (66.44%), Vitamin A: 6344.36IU (126.89%), Manganese: 0.83mg (41.43%), Vitamin B2: 0.66mg (39.01%), Selenium: 26.9µg (38.44%), Phosphorus: 375.01mg (37.5%), Vitamin B1: 0.56mg (37.35%), Vitamin B3: 6.97mg (34.84%), Iron: 6.11mg (33.96%), Folate: 131.28µg (32.82%), Zinc: 3.72mg (24.79%), Fiber: 6.03g (24.12%), Vitamin E: 3.53mg (23.52%), Calcium: 231.68mg (23.17%), Copper: 0.34mg (17.25%), Vitamin K: 17.72µg (16.88%), Vitamin B6: 0.33mg (16.71%), Magnesium: 65.9mg (16.47%), Vitamin B12: 0.94µg (15.75%), Potassium: 515.18mg (14.72%), Vitamin C: 11.87mg (14.39%), Vitamin B5: 0.82mg (8.17%), Vitamin D: 0.36µg (2.39%)