



Layered Biscuit Chicken Divan



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



9

CALORIES



192 kcal

Ingredients



9 ounces chicken breast strips/pre-cooked/chopped frozen thawed cooked cut in half if necessary



1 pound roasted garlic white (sauce)



1 pound broccoli frozen dry thawed drained



1 cup milk



0.5 cup cream sour



0.3 cup parmesan cheese grated



2 cups frangelico

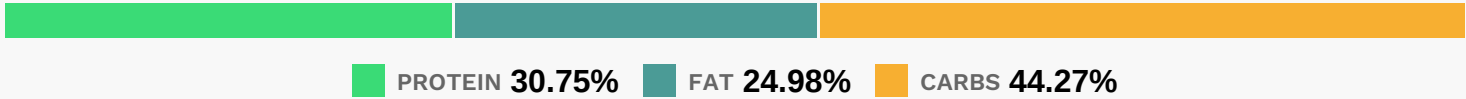
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Heat oven to 375°.
- ☐ Heat chicken, pasta sauce and broccoli to boiling in 3-quart saucepan, stirring frequently.
- ☐ Spread half of mixture in ungreased square pan, 9x9x2 inches.
- ☐ Stir Bisquick mix, milk and sour cream until blended.
- ☐ Pour half of batter over chicken mixture in pan.
- ☐ Spread with remaining chicken mixture; top with remaining batter.
- ☐ Sprinkle with cheese.
- ☐ Bake uncovered about 35 minutes or until toothpick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:11.11, Glycemic Load:5.82, Inflammation Score:-7, Nutrition Score:18.792608706847%

Flavonoids

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 4.08mg, Kaempferol: 4.08mg, Kaempferol: 4.08mg, Kaempferol: 4.08mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 192.27kcal (9.61%), Fat: 5.57g (8.58%), Saturated Fat: 2.61g (16.34%), Carbohydrates: 22.23g (7.41%), Net Carbohydrates: 19.86g (7.22%), Sugar: 3.1g (3.45%), Cholesterol: 37.31mg (12.44%), Sodium: 109.05mg (4.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.44g (30.89%), Vitamin C: 60.8mg (73.69%), Vitamin K: 52.67µg (50.16%), Manganese: 0.96mg (47.91%), Vitamin B6: 0.91mg (45.36%), Selenium: 18.2µg (26%), Vitamin B3: 4.6mg (23.02%), Phosphorus: 229.72mg (22.97%), Calcium: 189.97mg (19%), Potassium: 495.69mg (14.16%), Vitamin B2: 0.22mg (12.66%), Vitamin B1: 0.17mg (11.66%), Vitamin B5: 1.02mg (10.16%), Copper: 0.19mg (9.65%),

Fiber: 2.37g (9.48%), Vitamin A: 472.03IU (9.44%), Magnesium: 36.91mg (9.23%), Zinc: 1.35mg (8.99%), Folate: 35.33µg (8.83%), Iron: 1.54mg (8.56%), Vitamin B12: 0.31µg (5.12%), Vitamin E: 0.59mg (3.91%), Vitamin D: 0.34µg (2.27%)