



Quick Chicken à la King

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



330 kcal

SIDE DISH

Ingredients

- 16.3 oz biscuits pillsbury® canned
- 1.5 cups roasted chicken cubed cooked
- 18 oz cream of mushroom soup progresso® canned
- 1 tablespoon olive oil
- 0.5 cup onion chopped
- 1 cup peas sweet green frozen giant®
- 0.5 cup bell pepper red chopped

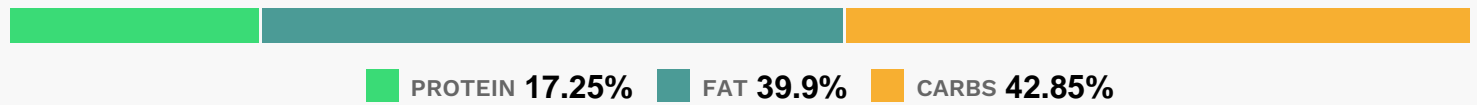
Equipment

sauce pan

Directions

- Make biscuits as directed on can.
- Meanwhile, in 4-quart saucepan, heat oil over medium heat. Cook bell pepper and onion in oil 3 to 5 minutes, stirring occasionally, until tender.
- Add soup, peas and chicken; cook until hot and bubbly.
- Serve over split biscuits.

Nutrition Facts



Properties

Glycemic Index:21.04, Glycemic Load:18.74, Inflammation Score:-6, Nutrition Score:13.286521704301%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 330.15kcal (16.51%), Fat: 14.66g (22.56%), Saturated Fat: 2.94g (18.39%), Carbohydrates: 35.44g (11.81%), Net Carbohydrates: 33.16g (12.06%), Sugar: 3.85g (4.28%), Cholesterol: 23.45mg (7.82%), Sodium: 1017.77mg (44.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.27g (28.53%), Phosphorus: 342.17mg (34.22%), Manganese: 0.52mg (25.99%), Vitamin B3: 5.06mg (25.3%), Selenium: 17.7µg (25.29%), Vitamin C: 19.91mg (24.13%), Vitamin B1: 0.33mg (22.23%), Iron: 3.01mg (16.71%), Vitamin B2: 0.28mg (16.47%), Folate: 64.18µg (16.04%), Vitamin B6: 0.23mg (11.5%), Copper: 0.23mg (11.39%), Zinc: 1.64mg (10.95%), Potassium: 348.36mg (9.95%), Fiber: 2.28g (9.11%), Vitamin A: 442.35IU (8.85%), Vitamin K: 8.41µg (8.01%), Vitamin E: 1.19mg (7.91%), Magnesium: 27.9mg (6.97%), Vitamin B5: 0.61mg (6.1%), Vitamin B12: 0.26µg (4.32%), Calcium: 41.51mg (4.15%)