



## Salsa Biscuit Chicken

READY IN



30 min.

SERVINGS



3

CALORIES



890 kcal

### Ingredients

- 12 ounce biscuits refrigerated canned
- 1 onion chopped
- 1 cup salsa
- 2 cups cheddar cheese shredded
- 3 chicken breast halves boneless skinless

### Equipment

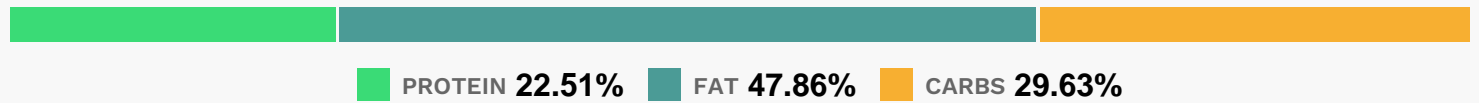
- baking sheet
- sauce pan
- oven

toothpicks

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Bring a saucepan of lightly salted water to a boil.
- Add chicken breasts, and boil until easily shredded, about 20 minutes.
- Saute onion in a medium saucepan until soft.
- Remove from heat and stir in salsa, then stir in cheese until melted.
- Add chicken and mix all together.
- Roll out biscuits individually, adding a little of the chicken mixture to each one; then roll up, secure with toothpicks and place on a lightly greased cookie sheet.
- Bake at 350 degrees F (175 degrees C) for about 10 minutes, or until biscuits are golden and hot.

## Nutrition Facts



## Properties

Glycemic Index:39.67, Glycemic Load:36.04, Inflammation Score:-8, Nutrition Score:34.469565142756%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

## Nutrients (% of daily need)

Calories: 889.88kcal (44.49%), Fat: 47.45g (73%), Saturated Fat: 17.96g (112.26%), Carbohydrates: 66.1g (22.03%), Net Carbohydrates: 62.44g (22.71%), Sugar: 9.05g (10.06%), Cholesterol: 148.79mg (49.6%), Sodium: 2261.97mg (98.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.22g (100.45%), Selenium: 79.76µg (113.95%), Phosphorus: 1108.31mg (110.83%), Vitamin B3: 16.64mg (83.2%), Calcium: 626.52mg (62.65%), Vitamin B6: 1.15mg (57.41%), Vitamin B2: 0.81mg (47.88%), Vitamin B1: 0.63mg (41.71%), Manganese: 0.61mg (30.71%), Potassium: 1007.25mg (28.78%), Zinc: 4.2mg (28%), Folate: 110.15µg (27.54%), Iron: 4.72mg (26.23%), Vitamin B5: 2.48mg (24.82%), Vitamin A: 1207.74IU (24.15%), Vitamin E: 3.34mg (22.27%), Magnesium: 85.66mg (21.42%), Vitamin B12: 1.18µg (19.72%), Fiber: 3.66g (14.63%), Copper: 0.22mg (11.01%), Vitamin K: 10.47µg (9.97%), Vitamin C: 5.72mg

(6.93%), Vitamin D: 0.56µg (3.77%)