



## Savory Chicken Oven Dinner

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups roasted chicken cooked
- 10.8 oz cream of chicken soup fat-free 98% 30% with less sodium canned
- 0.3 cup milk
- 4 oz swiss cheese shredded
- 1 cup green beans frozen thawed
- 0.3 cup butter cold cubed
- 1 teaspoon sage dried
- 1 eggs slightly beaten

1.3 cups frangelico

## Equipment

bowl

oven

blender

baking pan

glass baking pan

## Directions

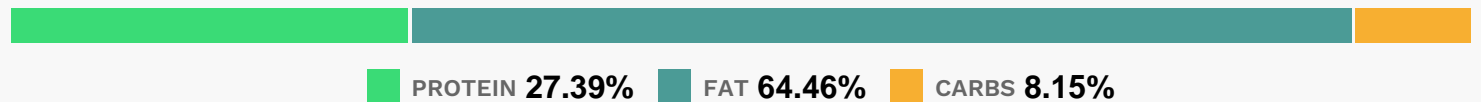
Heat oven to 400°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. In baking dish, mix chicken, soup, milk, cheese and green beans.

In medium bowl, mix Bisquick mix, butter and sage with fork or pastry blender until crumbly. Stir in egg.

Sprinkle over chicken mixture.

Bake 30 to 35 minutes or until topping is light golden brown.

## Nutrition Facts



## Properties

Glycemic Index:25.67, Glycemic Load:2.18, Inflammation Score:-5, Nutrition Score:12.365217405817%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

## Nutrients (% of daily need)

Calories: 288.68kcal (14.43%), Fat: 20.58g (31.66%), Saturated Fat: 7.16g (44.77%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 5.34g (1.94%), Sugar: 1.39g (1.54%), Cholesterol: 85.14mg (28.38%), Sodium: 531.12mg (23.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.68g (39.35%), Copper: 1.13mg (56.45%), Selenium: 20.69µg (29.55%), Phosphorus: 247.88mg (24.79%), Calcium: 209.34mg (20.93%), Vitamin B3: 4.04mg (20.21%), Vitamin A: 789.34IU (15.79%), Vitamin B12: 0.84µg (13.93%), Vitamin B2: 0.22mg (12.93%), Vitamin B6: 0.25mg (12.5%), Zinc:

1.87mg (12.46%), Vitamin K: 10.28µg (9.79%), Vitamin B5: 0.83mg (8.32%), Iron: 1.48mg (8.23%), Magnesium: 25.6mg (6.4%), Potassium: 214.62mg (6.13%), Manganese: 0.12mg (5.93%), Vitamin E: 0.84mg (5.59%), Vitamin B1: 0.06mg (4.21%), Folate: 14.64µg (3.66%), Vitamin C: 2.31mg (2.8%), Fiber: 0.52g (2.08%), Vitamin D: 0.26µg (1.72%)