



Savory Chicken Oven Dinner

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- 1.3 cups frangelico
- 1.3 cups frangelico

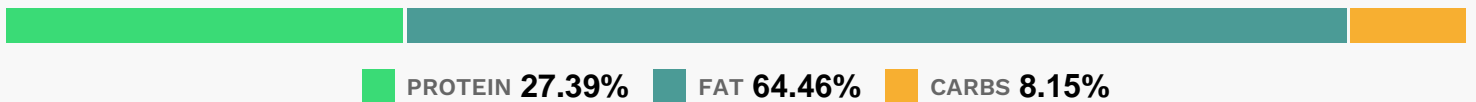
Equipment

- bowl
- oven
- blender
- baking pan
- glass baking pan

Directions

- Heat oven to 400F. 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: 0g (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%)