



Seafood à la King

READY IN



15 min.

SERVINGS



6

CALORIES



296 kcal

SIDE DISH

Ingredients

- ☐ 2.3 cups baking mix bisquick heart smart®
- ☐ 0.8 cup skim milk fat-free (skim)
- ☐ 18.5 oz bottled clam juice hearty canned
- ☐ 1 cup savory vegetable mixed frozen
- ☐ 5 oz shrimp frozen thawed rinsed cooked
- ☐ 1 tablespoon baking mix bisquick heart smart®
- ☐ 1 teaspoon dill dried
- ☐ 0.1 teaspoon pepper

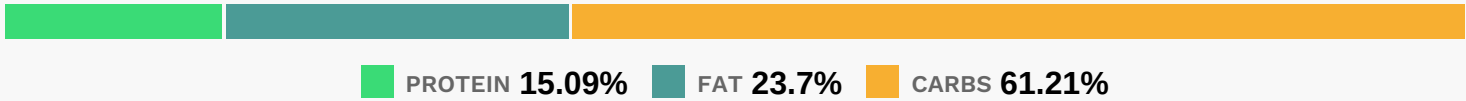
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 450°F. In medium bowl, stir 2 1/4 cups Bisquick mix and the milk until soft dough forms. Drop by 6 spoonfuls onto ungreased cookie sheet.
- ☐ Bake 10 minutes or until golden brown.
- ☐ Meanwhile, in 2-quart saucepan, mix remaining ingredients.
- ☐ Heat to boiling over medium heat, stirring occasionally.
- ☐ To serve, split biscuits in half; place on 6 individual plates. Spoon generous 1/4 cup hot chowder mixture over bottom of each biscuit. Top with remaining biscuit halves. Spoon 1/4 cup chowder mixture over top of each biscuit.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:1.79, Inflammation Score:-8, Nutrition Score:12.004782655965%

Nutrients (% of daily need)

Calories: 295.54kcal (14.78%), Fat: 7.8g (11.99%), Saturated Fat: 1.95g (12.2%), Carbohydrates: 45.32g (15.11%), Net Carbohydrates: 42.72g (15.54%), Sugar: 9.97g (11.08%), Cholesterol: 39.9mg (13.3%), Sodium: 977.36mg (42.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.17g (22.34%), Phosphorus: 389.48mg (38.95%), Vitamin A: 1744.92IU (34.9%), Vitamin B1: 0.35mg (23.08%), Folate: 75.74µg (18.93%), Vitamin B2: 0.28mg (16.73%), Calcium: 158.24mg (15.82%), Manganese: 0.28mg (14.2%), Vitamin B3: 2.78mg (13.89%), Copper: 0.22mg (11.05%), Iron: 1.94mg (10.79%), Fiber: 2.59g (10.37%), Potassium: 339.05mg (9.69%), Vitamin C: 7.75mg (9.4%), Magnesium: 36.28mg (9.07%), Vitamin B6: 0.14mg (6.96%), Selenium: 4.65µg (6.64%), Vitamin B5: 0.65mg (6.51%), Vitamin B12: 0.39µg (6.48%), Zinc: 0.95mg (6.34%), Vitamin K: 3.15µg (3%), Vitamin D: 0.34µg (2.25%), Vitamin E: 0.16mg (1.06%)