



Skillet Chicken and Biscuits

READY IN



17 min.

SERVINGS



4

CALORIES



416 kcal

Ingredients

- ☐ 2.5 cups chicken breast diced cooked
- ☐ 10 ounce cream of chicken soup reduced-fat canned
- ☐ 4 ounce crescent dinner roll dough refrigerated reduced-fat canned
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2.5 cups vegetables mixed frozen thawed
- ☐ 0.3 cup cup heavy whipping cream sour low-fat
- ☐ 0.3 teaspoon pepper
- ☐ 4 ounce pimientos diced drained

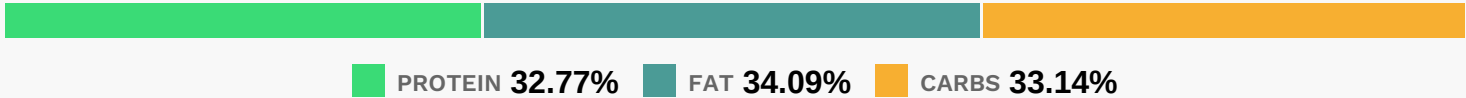
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Combine soup and sour cream in a large nonstick skillet; add chicken and next 4 ingredients. Bring to a boil; cover, reduce heat, and simmer 8 minutes or until vegetables are tender.
- ☐ Sprinkle with parsley.
- ☐ Unroll dough, separating dough along perforations into triangles; cut each triangle in half.
- ☐ Bake at 450 for 6 to 7 minutes or until browned. Spoon chicken mixture over 2 pastry triangle halves.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:7.56, Inflammation Score:-10, Nutrition Score:24.56695665743%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 415.57kcal (20.78%), Fat: 16.07g (24.72%), Saturated Fat: 6.04g (37.74%), Carbohydrates: 35.14g (11.71%), Net Carbohydrates: 29.8g (10.83%), Sugar: 4.22g (4.69%), Cholesterol: 86.75mg (28.92%), Sodium: 860.23mg (37.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.75g (69.49%), Vitamin A: 6913.05IU (138.26%), Vitamin B3: 13.96mg (69.8%), Vitamin C: 44.28mg (53.67%), Vitamin K: 41.3µg (39.34%), Selenium: 26.62µg (38.02%), Vitamin B6: 0.72mg (35.77%), Phosphorus: 309.75mg (30.98%), Iron: 3.99mg (22.15%), Fiber: 5.35g (21.38%), Manganese: 0.4mg (19.78%), Potassium: 608.98mg (17.4%), Vitamin B2: 0.28mg (16.2%), Magnesium: 60.9mg (15.22%), Vitamin B1: 0.23mg (15.02%), Copper: 0.27mg (13.26%), Zinc: 1.78mg (11.89%), Vitamin B5: 1.18mg (11.78%), Folate: 45.4µg (11.35%), Calcium: 86.17mg (8.62%), Vitamin B12: 0.38µg (6.3%), Vitamin E: 0.94mg (6.27%)