



Slow-Cooker Biscuit Chicken Pot Pie

 Dairy Free

READY IN



640 min.

SERVINGS



6

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 grands flaky refrigerator biscuits frozen (from 22.1-oz bag)
- ☐ 2 medium stalks celery cut into 1/2-inch slices (3/4 cup)
- ☐ 18 oz campbell's chicken gravy
- ☐ 12 oz savory vegetable mixed frozen
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon poultry seasoning
- ☐ 1.3 lb chicken thighs boneless skinless

☐ 0.5 teaspoon thyme leaves dried

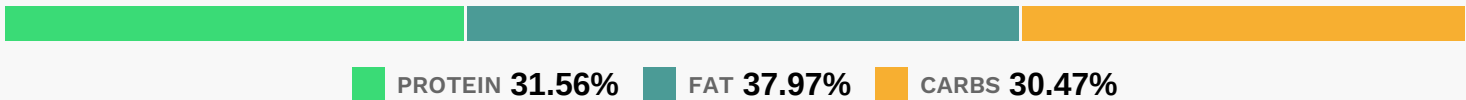
Equipment

- ☐ oven
- ☐ slow cooker

Directions

- ☐ Spray 3 1/2- to 4-quart slow cooker with cooking spray.
- ☐ Place chicken in cooker. Top with onion, poultry seasoning, thyme, pepper, gravy and celery.
- ☐ Cover; cook on Low heat setting 8 to 10 hours.
- ☐ Gently stir frozen vegetables into chicken mixture. Increase heat setting to High. Cover; cook 30 minutes longer.
- ☐ Meanwhile, heat oven to 375F.
- ☐ Bake biscuits as directed on bag.
- ☐ Spoon about 1 cup chicken mixture onto each of 6 plates. Top with split biscuits.

Nutrition Facts



Properties

Glycemic Index:40.83, Glycemic Load:6.77, Inflammation Score:-9, Nutrition Score:14.640869524168%

Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 266.06kcal (13.3%), Fat: 11.17g (17.19%), Saturated Fat: 3.3g (20.62%), Carbohydrates: 20.18g (6.73%), Net Carbohydrates: 17.28g (6.28%), Sugar: 4.35g (4.83%), Cholesterol: 96.58mg (32.19%), Sodium: 532.39mg (23.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.9g (41.8%), Vitamin A: 3271.67IU (65.43%), Selenium: 22.34µg (31.91%), Vitamin B3: 6.38mg (31.91%), Vitamin B6: 0.51mg (25.55%), Phosphorus: 224.42mg (22.44%), Vitamin B2: 0.26mg (15.25%), Vitamin B1: 0.2mg (13.27%), Vitamin B5: 1.31mg (13.08%), Manganese: 0.25mg (12.61%), Potassium:

417.92mg (11.94%), Zinc: 1.79mg (11.93%), Fiber: 2.9g (11.6%), Magnesium: 40.32mg (10.08%), Vitamin B12: 0.6µg (10.08%), Iron: 1.74mg (9.69%), Vitamin C: 7.58mg (9.19%), Folate: 35.98µg (8.99%), Vitamin K: 9.28µg (8.84%), Copper: 0.13mg (6.4%), Calcium: 35.08mg (3.51%), Vitamin E: 0.46mg (3.04%)