



Southwestern Chicken Biscuits

READY IN



35 min.

SERVINGS



20

CALORIES



217 kcal

Ingredients

- ☐ 24 oz grands flaky refrigerator biscuits refrigerated pillsbury® golden layers® canned
- ☐ 4.5 oz chilis green chopped old el paso® canned
- ☐ 9 oz chicken breast diced frozen thawed cooked (2 cups)
- ☐ 20 servings cilantro leaves fresh
- ☐ 1 tablespoon dehydrated onion dried minced
- ☐ 4 oz monterrey jack cheese shredded
- ☐ 1 cup salsa thick old el paso® (any variety)

Equipment

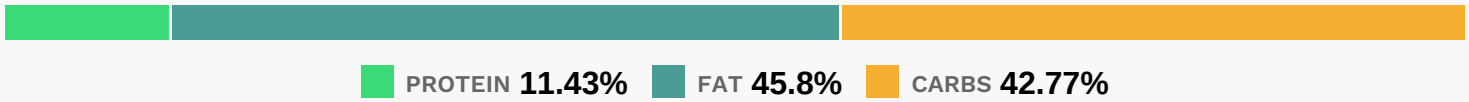
- ☐ bowl

- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F. Spray 20 regular-size muffin cups with cooking spray. Separate dough into 20 biscuits.
- ☐ Place 1 biscuit in each muffin cup; press to cover bottom and side of each cup.
- ☐ In medium bowl, stir together chicken, chiles, cheese, onion and salsa. Spoon 2 tablespoons mixture into each dough-lined cup; gently press mixture with back of spoon.
- ☐ Bake 13 to 18 minutes or until edges are golden brown.
- ☐ Remove from muffin cups.
- ☐ Serve warm garnished with cilantro sprigs.

Nutrition Facts



Properties

Glycemic Index:6.15, Glycemic Load:13.62, Inflammation Score:-2, Nutrition Score:5.3947826183361%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 216.56kcal (10.83%), Fat: 11.01g (16.93%), Saturated Fat: 3.92g (24.47%), Carbohydrates: 23.12g (7.71%), Net Carbohydrates: 22.31g (8.11%), Sugar: 7.97g (8.85%), Cholesterol: 13.21mg (4.4%), Sodium: 279.61mg (12.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.18g (12.36%), Vitamin B3: 2.64mg (13.2%), Selenium: 7.16µg (10.23%), Vitamin B1: 0.14mg (9.04%), Vitamin B2: 0.15mg (8.72%), Folate: 33.53µg (8.38%), Manganese: 0.17mg (8.34%), Phosphorus: 80.08mg (8.01%), Vitamin B6: 0.16mg (7.94%), Iron: 1.25mg (6.93%), Vitamin E: 1.03mg (6.87%), Calcium: 54mg (5.4%), Vitamin K: 4.77µg (4.55%), Potassium: 127.06mg (3.63%), Vitamin C: 2.8mg (3.39%), Vitamin B5: 0.33mg (3.32%), Fiber: 0.81g (3.24%), Vitamin A: 153.92IU (3.08%), Magnesium: 12.07mg (3.02%), Zinc: 0.45mg (2.99%), Copper: 0.05mg (2.28%), Vitamin B12: 0.07µg (1.21%)