



Veggie Casserole with Dill Drop Biscuits

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 oz alfredo sauce refrigerated
- 1 lb broccoli frozen
- 2 cups broccoli frozen
- 0.8 teaspoon dill dried
- 0.7 cup milk
- 0.5 cup onion chopped
- 2.3 cups frangelico
- 2.3 cups frangelico

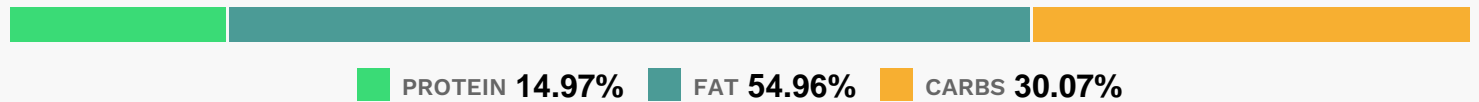
Equipment

- bowl
- frying pan
- oven
- glass baking pan

Directions

- Heat oven to 400F. Spray 10-inch skillet with cooking spray; heat over medium-high heat. Cook onion in skillet 2 to 3 minutes, stirring occasionally, until crisp-tender.
- Stir in vegetable mixture, broccoli and Alfredo sauce; reduce heat to medium. Cover; cook 5 to 6 minutes, stirring occasionally, until hot. Spoon into ungreased 8-inch square (2-quart) glass baking dish.
- In medium bowl, stir Bisquick mix, milk and dill weed until soft dough forms. Drop dough by 9 spoonfuls onto hot vegetable mixture.
- Bake 18 to 22 minutes or until biscuits are golden brown.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:2.11, Inflammation Score:-7, Nutrition Score:15.48391311065%

Flavonoids

Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 8.31mg, Kaempferol: 8.31mg, Kaempferol: 8.31mg, Kaempferol: 8.31mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg

Nutrients (% of daily need)

Calories: 142.64kcal (7.13%), Fat: 9.02g (13.88%), Saturated Fat: 4.5g (28.15%), Carbohydrates: 11.11g (3.7%), Net Carbohydrates: 8.14g (2.96%), Sugar: 4.41g (4.9%), Cholesterol: 34.25mg (11.42%), Sodium: 363.29mg (15.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.06%), Vitamin C: 94.65mg (114.73%), Vitamin K: 107.17µg (102.06%), Folate: 68.64µg (17.16%), Vitamin A: 705.23IU (14.1%), Manganese: 0.24mg (12.18%), Fiber: 2.97g

(11.89%), Potassium: 395.85mg (11.31%), Vitamin B6: 0.22mg (10.92%), Phosphorus: 101.18mg (10.12%), Vitamin B2: 0.16mg (9.66%), Calcium: 87.96mg (8.8%), Vitamin B5: 0.72mg (7.19%), Magnesium: 27.19mg (6.8%), Vitamin B1: 0.1mg (6.42%), Vitamin E: 0.83mg (5.56%), Iron: 0.86mg (4.75%), Selenium: 3.21µg (4.58%), Zinc: 0.57mg (3.79%), Vitamin B3: 0.72mg (3.59%), Copper: 0.06mg (2.88%), Vitamin B12: 0.15µg (2.44%), Vitamin D: 0.3µg (1.99%)