



## 2-Step Inside-Out Chicken Pot Pie

 Dairy Free  Popular

READY IN



20 min.

SERVINGS



4

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 biscuits split hot
- 10.8 ounce campbell's® condensed cream of chicken soup fat free 98% canned (Regular or )
- 1 pound chicken breast boneless skinless
- 16 ounce vegetable combination frozen (broccoli, cauliflower, carrots)

### Equipment

- frying pan

## Directions

- Cook chicken in nonstick skillet until browned, stirring often.
- Add soup and vegetables. Cover and simmer until done.
- Serve on biscuits.

## Nutrition Facts



PROTEIN 32.76% FAT 31.56% CARBS 35.68%

## Properties

Glycemic Index:38, Glycemic Load:15.17, Inflammation Score:-10, Nutrition Score:23.260000145954%

## Nutrients (% of daily need)

Calories: 373.22kcal (18.66%), Fat: 13.16g (20.25%), Saturated Fat: 3.67g (22.92%), Carbohydrates: 33.48g (11.16%), Net Carbohydrates: 28.68g (10.43%), Sugar: 4.73g (5.26%), Cholesterol: 78.67mg (26.22%), Sodium: 790.29mg (34.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.74g (61.48%), Vitamin A: 5948.24IU (118.96%), Vitamin B3: 14.2mg (71.01%), Selenium: 39.43µg (56.33%), Vitamin B6: 0.97mg (48.62%), Phosphorus: 341.86mg (34.19%), Manganese: 0.43mg (21.56%), Potassium: 714.91mg (20.43%), Vitamin B5: 2.01mg (20.07%), Vitamin B1: 0.29mg (19.43%), Fiber: 4.8g (19.18%), Vitamin B2: 0.31mg (18.1%), Iron: 2.9mg (16.11%), Vitamin C: 13.23mg (16.04%), Magnesium: 62.55mg (15.64%), Folate: 55.15µg (13.79%), Copper: 0.25mg (12.58%), Zinc: 1.49mg (9.91%), Vitamin E: 1.11mg (7.43%), Vitamin K: 5.55µg (5.29%), Calcium: 47.29mg (4.73%), Vitamin B12: 0.23µg (3.78%)