



Barbecued-Chicken Potpie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons brown sugar
- 12 ounce chili sauce
- 0.3 cup cider vinegar
- 1.5 pounds chicken breast shredded cooked
- 11.5 ounce corn bread twists refrigerated canned
- 1.5 teaspoons cumin seeds
- 1 small garlic clove minced
- 0.5 cup bell pepper green chopped

- 1 teaspoon ground coriander
- 10.5 ounce low-salt chicken broth canned
- 1 teaspoon butter
- 2 cups onion chopped
- 4.5 ounce poblano chile diced green seeded drained chopped canned
- 1 ounce chocolate unsweetened grated

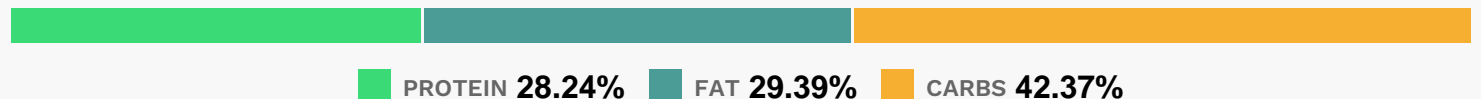
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 37
- Melt margarine in a large nonstick skillet coated with cooking spray over medium-high heat.
- Add onion, peppers, and garlic, and saut 5 minutes. Stir in cumin and coriander, and cook 2 minutes. Stir in vinegar, scraping skillet to loosen browned bits.
- Add the chicken and the next 4 ingredients (chicken through broth), and cook 15 minutes or until thick, stirring occasionally. Spoon chicken mixture into 11 x 7-inch baking dish coated with cooking spray.
- Unroll corn bread dough, separating into strips.
- Place strips in a lattice fashion over chicken mixture.
- Bake at 375 for 25 minutes or until golden brown; let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.92, Inflammation Score:-6, Nutrition Score:16.418695698614%

Flavonoids

Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.33mg, Quercetin: 8.33mg, Quercetin: 8.33mg, Quercetin: 8.33mg

Nutrients (% of daily need)

Calories: 380.73kcal (19.04%), Fat: 12.48g (19.2%), Saturated Fat: 4.43g (27.7%), Carbohydrates: 40.48g (13.49%), Net Carbohydrates: 36.67g (13.34%), Sugar: 17.13g (19.03%), Cholesterol: 87.02mg (29.01%), Sodium: 962.81mg (41.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.99g (53.97%), Vitamin B3: 8.98mg (44.88%), Phosphorus: 389.63mg (38.96%), Selenium: 25.65µg (36.65%), Vitamin C: 22.95mg (27.81%), Vitamin B6: 0.55mg (27.58%), Iron: 3.48mg (19.32%), Manganese: 0.36mg (17.98%), Potassium: 581.51mg (16.61%), Vitamin B2: 0.26mg (15.39%), Fiber: 3.81g (15.23%), Copper: 0.3mg (14.88%), Zinc: 2.14mg (14.3%), Vitamin B1: 0.2mg (13.51%), Magnesium: 50.37mg (12.59%), Folate: 48.71µg (12.18%), Vitamin B5: 1.15mg (11.48%), Calcium: 103.81mg (10.38%), Vitamin A: 474.19IU (9.48%), Vitamin E: 1.11mg (7.42%), Vitamin B12: 0.38µg (6.3%), Vitamin K: 4.94µg (4.7%)