

Burrito Pot Pies

READY IN



45 min.

SERVINGS



6

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups baking mix bisquick heart smart®
- ☐ 3 oz cheddar cheese shredded reduced-fat
- ☐ 0.3 cup water
- ☐ 1 eggs
- ☐ 2 cups roasted chicken cooked
- ☐ 16 oz salsa thick
- ☐ 15 oz black beans rinsed drained canned
- ☐ 11 oz corn whole drained canned
- ☐ 1 teaspoon ground cumin

- ☐ 1 avocado pitted ripe peeled chopped
- ☐ 1 serving cream sour reduced-fat
- ☐ 1 serving lime wedges

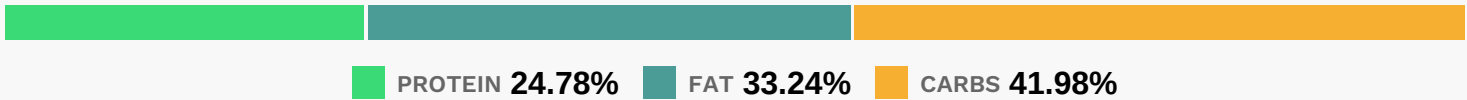
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ ramekin

Directions

- ☐ Heat oven to 400°F. Spray 6 (10-oz) ramekins or custard cups with cooking spray; place on 15x10x1-inch pan.
- ☐ In medium bowl, stir Bisquick mix, 1/2 cup of the cheese, water and egg until soft dough forms. Set aside.
- ☐ In 3-quart saucepan, heat chicken, salsa, beans, corn and cumin to boiling.
- ☐ Remove from heat; fold in avocado. Divide chicken mixture evenly among ramekins. Spoon dollop of Bisquick mixture over each (dough will not cover entire top).
- ☐ Bake 15 to 20 minutes or until crust is golden brown and filling is bubbly.
- ☐ Sprinkle with remaining 1/4 cup cheese.
- ☐ Serve with sour cream and lime wedges.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.25, Inflammation Score:-7, Nutrition Score:19.446521670922%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 405.16kcal (20.26%), Fat: 15.15g (23.31%), Saturated Fat: 3.85g (24.04%), Carbohydrates: 43.05g (14.35%), Net Carbohydrates: 33.99g (12.36%), Sugar: 6.13g (6.82%), Cholesterol: 67.16mg (22.39%), Sodium: 1310.68mg (56.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.41g (50.83%), Phosphorus: 462.97mg (46.3%), Fiber: 9.06g (36.24%), Vitamin B3: 7.12mg (35.59%), Folate: 127.54µg (31.89%), Selenium: 19.54µg (27.91%), Vitamin B6: 0.49mg (24.48%), Vitamin B2: 0.41mg (24.07%), Potassium: 817.8mg (23.37%), Vitamin B1: 0.34mg (22.47%), Manganese: 0.43mg (21.71%), Iron: 3.63mg (20.18%), Magnesium: 72.5mg (18.13%), Calcium: 173.41mg (17.34%), Copper: 0.34mg (17.18%), Vitamin B5: 1.56mg (15.62%), Zinc: 2.14mg (14.29%), Vitamin E: 1.76mg (11.71%), Vitamin K: 11.98µg (11.41%), Vitamin A: 521.13IU (10.42%), Vitamin C: 7.77mg (9.42%), Vitamin B12: 0.38µg (6.41%), Vitamin D: 0.17µg (1.13%)