



Campbell's Kitchen Easy Chicken Pot Pie

READY IN



40 min.

SERVINGS



4

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baking mix all-purpose
- 10.8 ounce cream of chicken soup fat free 98% 25% canned (regular, , or Less Sodium)
- 1 cup roasted chicken cubed cooked
- 1 eggs
- 10 ounce savory vegetable mixed frozen thawed
- 0.5 cup milk

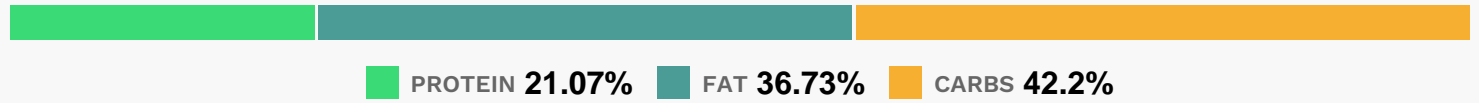
Equipment

- oven

Directions

- Preheat oven to 400 degrees F.
- Mix soup, vegetables and chicken in 9-inch pie plate.
- Mix milk, egg and baking mix.
- Pour over chicken mixture.
- Bake 30 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:5.9, Inflammation Score:-10, Nutrition Score:16.539565179659%

Nutrients (% of daily need)

Calories: 334.81kcal (16.74%), Fat: 13.73g (21.12%), Saturated Fat: 4.1g (25.61%), Carbohydrates: 35.49g (11.83%), Net Carbohydrates: 32.02g (11.64%), Sugar: 5.41g (6.02%), Cholesterol: 77.53mg (25.84%), Sodium: 1004.42mg (43.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.71g (35.43%), Vitamin A: 3862IU (77.24%), Phosphorus: 360.72mg (36.07%), Vitamin B3: 5.35mg (26.74%), Selenium: 16.55µg (23.64%), Vitamin B2: 0.37mg (21.78%), Vitamin B1: 0.31mg (20.8%), Manganese: 0.34mg (16.85%), Folate: 66.5µg (16.62%), Iron: 2.93mg (16.27%), Fiber: 3.46g (13.86%), Vitamin B6: 0.27mg (13.58%), Calcium: 129.96mg (13%), Copper: 0.24mg (11.89%), Vitamin B5: 1.15mg (11.5%), Potassium: 377.57mg (10.79%), Zinc: 1.52mg (10.13%), Magnesium: 39.89mg (9.97%), Vitamin C: 7.54mg (9.14%), Vitamin B12: 0.48µg (8.02%), Vitamin K: 5.2µg (4.95%), Vitamin E: 0.58mg (3.87%), Vitamin D: 0.56µg (3.7%)