



Cheddar Chicken Pie

READY IN



50 min.

SERVINGS



6

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup baking mix
- 0.8 cup baking mix
- 3 cups broccoli frozen thawed drained chopped
- 1.5 cups roasted chicken cubed cooked
- 3 eggs
- 1.3 cups milk 2%
- 0.7 cup onion finely chopped
- 0.3 teaspoon pepper
- 0.8 teaspoon salt

12 ounces cheddar cheese shredded divided

Equipment

bowl

oven

knife

Directions

In a large bowl, combine 2 cups cheese, broccoli, chicken and onion; spread into a greased 10-in. pie plate. In a small bowl, beat the milk, eggs, biscuit mix, salt and pepper until smooth.

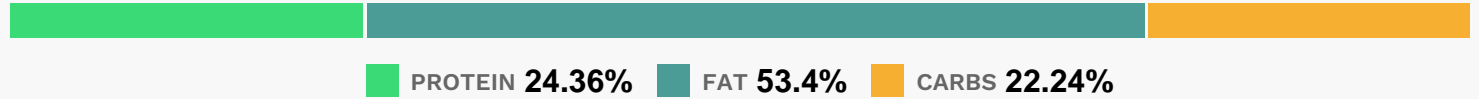
Pour over broccoli mixture (do not stir).

Bake at 400° for 30–35 minutes or until a knife inserted near the center comes out clean.

Sprinkle with the remaining cheese.

Let stand for 5 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:1.32, Inflammation Score:-7, Nutrition Score:23.851304178653%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

Nutrients (% of daily need)

Calories: 498.14kcal (24.91%), Fat: 29.53g (45.43%), Saturated Fat: 14.12g (88.22%), Carbohydrates: 27.68g (9.23%), Net Carbohydrates: 25.59g (9.3%), Sugar: 7.92g (8.8%), Cholesterol: 169.58mg (56.53%), Sodium: 1141.68mg (49.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.31g (60.62%), Phosphorus: 628.52mg (62.85%), Calcium: 559.33mg (55.93%), Selenium: 36.16µg (51.66%), Vitamin C: 40.76mg (49.4%), Vitamin K: 48.57µg (46.26%), Vitamin B2: 0.69mg (40.39%), Folate: 95.23µg (23.81%), Zinc: 3.54mg (23.61%), Vitamin B3: 4.52mg (22.59%), Vitamin B12: 1.29µg (21.55%), Vitamin A: 1030.9IU (20.62%), Vitamin B1: 0.28mg (18.63%), Vitamin B6:

0.36mg (18.07%), Vitamin B5: 1.64mg (16.39%), Manganese: 0.25mg (12.69%), Potassium: 442.65mg (12.65%), Magnesium: 49.74mg (12.43%), Iron: 2.11mg (11.72%), Fiber: 2.1g (8.39%), Vitamin E: 1.06mg (7.06%), Copper: 0.13mg (6.68%), Vitamin D: 0.78µg (5.2%)