



Cheesy Italian Chicken Pie

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces tomato sauce canned
- ☐ 1.5 cups roasted chicken cooked
- ☐ 0.5 teaspoon basil dried
- ☐ 2 eggs
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 cup milk
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 cup parmesan cheese grated

- ☐ 0.3 teaspoon pepper
- ☐ 5 ounces mozzarella cheese shredded
- ☐ 0.5 cup frangelico
- ☐ 0.5 cup frangelico

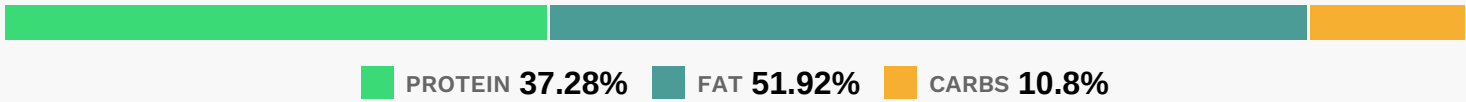
Equipment

- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 40
- ☐ Grease bottom and side of pie plate, 9x1 1/4 inches, with shortening.
- ☐ Mix chicken, 1/2 cup of the mozzarella cheese, the Parmesan cheese, oregano, basil, garlic powder and 1/2 cup of the tomato sauce; spoon into pie late.
- ☐ Stir Bisquick, milk, pepper and eggs until blended.
- ☐ Pour over chicken mixture.
- ☐ Bake uncovered 35 minutes.
- ☐ Sprinkle with remaining 3/4 cup mozzarella cheese.
- ☐ Bake 5 to 8 minutes or until knife inserted in center comes out clean. Cool 5 minutes.
- ☐ Serve with remaining tomato sauce, heated if desired.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:1.53, Inflammation Score:-5, Nutrition Score:10.326086915058%

Nutrients (% of daily need)

Calories: 208.83kcal (10.44%), Fat: 11.98g (18.43%), Saturated Fat: 5.84g (36.49%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 4.9g (1.78%), Sugar: 3.62g (4.02%), Cholesterol: 109.19mg (36.4%), Sodium: 487.32mg (21.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.36g (38.71%), Selenium: 20.15µg (28.78%), Phosphorus:

268.01mg (26.8%), Calcium: 241.24mg (24.12%), Vitamin B12: 1.07µg (17.75%), Vitamin B2: 0.29mg (16.92%), Vitamin B3: 3.23mg (16.15%), Zinc: 1.92mg (12.8%), Vitamin B6: 0.25mg (12.54%), Vitamin A: 534.77IU (10.7%), Vitamin B5: 0.89mg (8.9%), Potassium: 310.21mg (8.86%), Iron: 1.33mg (7.39%), Magnesium: 27.71mg (6.93%), Vitamin D: 0.86µg (5.75%), Vitamin E: 0.83mg (5.56%), Manganese: 0.09mg (4.67%), Vitamin B1: 0.07mg (4.64%), Vitamin K: 4.46µg (4.25%), Copper: 0.08mg (4.22%), Folate: 14.82µg (3.7%), Vitamin C: 2.65mg (3.22%), Fiber: 0.71g (2.85%)