



WHATSheATE



Chicken-and-Corn Pies With Cornbread Crust

READY IN



35 min.

SERVINGS



5

CALORIES



533 kcal

Ingredients

- ☐ 10 oz canned tomatoes diced with lime juice and cilantro, drained canned
- ☐ 1 teaspoon chili powder
- ☐ 3 cups meat from a rotisserie chicken cooked chopped
- ☐ 2 cups kernel corn whole frozen
- ☐ 6 oz just-add-water cornbread mix mexican-style
- ☐ 1 large eggs
- ☐ 10 oz enchilada sauce canned
- ☐ 5 servings toppings: pickled jalapeño peppers sour sliced
- ☐ 0.7 cup milk
- ☐ 4 oz mexican four-cheese blend shredded divided

☐ 2 tablespoons vegetable oil

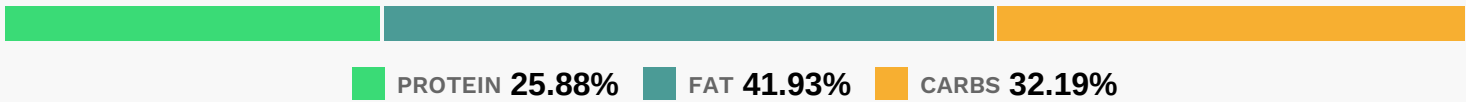
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Stir together enchilada sauce and next 3 ingredients in a 3 1/2-qt. saucepan over medium heat until combined; cook, stirring occasionally, 10 minutes. Stir in chicken.
- ☐ Whisk together cornbread mix, next 3 ingredients, and 3/4 cup cheese in a small bowl just until blended.
- ☐ Pour chicken mixture into 5 lightly greased (10-oz.) ramekins. Spoon cornbread mixture over hot chicken mixture.
- ☐ Sprinkle evenly with remaining 1/4 cup cheese. Divide ramekins onto 2 jelly-roll pans.
- ☐ Bake at 375 for 30 minutes or until golden and bubbly.
- ☐ Serve with desired toppings.
- ☐ *2 (5-oz.) cans chicken, drained, may be substituted.
- ☐ Mixture may be prepared in a lightly greased 11- x 7-inch baking dish.
- ☐ Bake as directed, omitting jelly-roll pans.

Nutrition Facts



Properties

Glycemic Index:21.6, Glycemic Load:1.77, Inflammation Score:-7, Nutrition Score:19.769130354342%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 532.66kcal (26.63%), Fat: 24.7g (38%), Saturated Fat: 8.34g (52.13%), Carbohydrates: 42.66g (14.22%), Net Carbohydrates: 38.2g (13.89%), Sugar: 15.21g (16.9%), Cholesterol: 126.33mg (42.11%), Sodium: 1176.03mg (51.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.31g (68.62%), Phosphorus: 524.22mg (52.42%), Vitamin B3: 9.06mg (45.32%), Selenium: 30.09µg (42.99%), Vitamin B6: 0.54mg (27.13%), Vitamin B2: 0.42mg (24.87%), Calcium: 246.64mg (24.66%), Vitamin A: 975.36IU (19.51%), Iron: 3.46mg (19.23%), Vitamin B1: 0.28mg (18.55%), Zinc: 2.76mg (18.38%), Fiber: 4.46g (17.85%), Folate: 69.04µg (17.26%), Potassium: 562.41mg (16.07%), Vitamin K: 16.29µg (15.51%), Vitamin B5: 1.48mg (14.8%), Magnesium: 55.49mg (13.87%), Manganese: 0.28mg (13.86%), Vitamin B12: 0.82µg (13.63%), Vitamin C: 10.37mg (12.57%), Copper: 0.22mg (10.88%), Vitamin E: 1.63mg (10.85%), Vitamin D: 0.67µg (4.48%)