



Chicken-and-Egg Pot Pie

READY IN



45 min.

SERVINGS



6

CALORIES



606 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups meat from a rotisserie chicken cooked chopped
- 10.8 ounce cream of chicken soup undiluted canned
- 16 ounce crescent roll dough refrigerated divided canned
- 15.3 ounce peas sweet green rinsed drained canned
- 2 hard-cooked eggs chopped
- 0.3 teaspoon pepper
- 2 ounce pimientos diced drained
- 4 ounces cheddar cheese shredded
- 15.3 ounce kernel corn whole rinsed drained canned

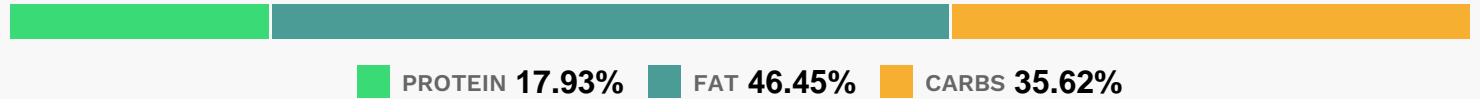
Equipment

- bowl
- oven
- baking pan

Directions

- Stir together chicken and next 8 ingredients in a large bowl until blended.
- Unroll 1 can crescent roll dough, and press into a lightly greased 9-inch square baking dish.
- Bake at 350 for 15 minutes.
- Remove from oven; spoon chicken mixture over crescent roll dough in dish.
- Unroll remaining can roll dough; roll into a 9-inch square.
- Place over chicken mixture, pressing edges of top and bottom crusts to dish to seal.
- Bake 18 to 20 more minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:31.89, Glycemic Load:4.65, Inflammation Score:-8, Nutrition Score:18.620434729949%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 605.73kcal (30.29%), Fat: 31.83g (48.97%), Saturated Fat: 12.9g (80.62%), Carbohydrates: 54.92g (18.31%), Net Carbohydrates: 50.58g (18.39%), Sugar: 12.48g (13.87%), Cholesterol: 120.13mg (40.04%), Sodium: 1251.96mg (54.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.64g (55.28%), Vitamin C: 39.93mg (48.39%), Selenium: 24.25µg (34.64%), Phosphorus: 330.05mg (33.01%), Vitamin B3: 6.04mg (30.19%), Vitamin A: 1190.19IU (23.8%), Vitamin B2: 0.37mg (21.99%), Folate: 83.06µg (20.76%), Iron: 3.7mg (20.58%), Vitamin K: 21.56µg (20.53%), Manganese: 0.4mg (20.19%), Zinc: 2.84mg (18.95%), Vitamin B6: 0.37mg (18.57%), Calcium: 175.15mg (17.52%), Fiber: 4.35g (17.38%), Vitamin B1: 0.26mg (17.1%), Copper: 0.26mg (12.8%), Magnesium: 51.11mg (12.78%),

Potassium: 446.05mg (12.74%), Vitamin B5: 0.94mg (9.39%), Vitamin B12: 0.52µg (8.68%), Vitamin E: 0.76mg (5.08%), Vitamin D: 0.48µg (3.2%)