



WHATSHEATE



Chicken-Chile Enchilada Pie



Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 9 oz chicken breast strips/pre-cooked/chopped diced frozen thawed cooked
- ☐ 4 oz chilis green undrained chopped canned
- ☐ 10 oz enchilada sauce red canned
- ☐ 0.5 cup cornmeal
- ☐ 0.5 cup milk
- ☐ 1 eggs
- ☐ 11 oz corn whole with red and green peppers, drained canned
- ☐ 4 oz cheddar cheese shredded

- ☐ 0.8 cup tomatoes chopped
- ☐ 0.5 cup frangelico

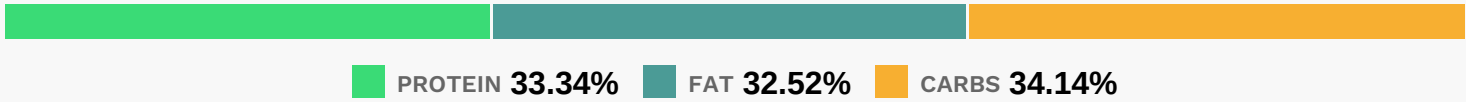
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Place sheet of foil on lower oven rack to catch any drips.
- ☐ Heat oven to 400°F. In 10-inch skillet, mix chicken, chiles and enchilada sauce. Cook over medium-high heat 3 to 4 minutes, stirring occasionally, until hot and bubbly.
- ☐ Pour into ungreased 9-inch glass pie plate.
- ☐ In medium bowl, stir Bisquick mix, cornmeal, milk and egg until blended. Stir in corn. Spoon over chicken mixture.
- ☐ Place pie plate on rack above foil.
- ☐ Bake 22 to 27 minutes or until toothpick inserted in topping comes out clean. Top with cheese and tomato.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:24.08, Glycemic Load:6.31, Inflammation Score:-6, Nutrition Score:11.733043452968%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg,

Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 276.07kcal (13.8%), Fat: 9.86g (15.17%), Saturated Fat: 4.51g (28.2%), Carbohydrates: 23.29g (7.76%), Net Carbohydrates: 20.7g (7.53%), Sugar: 5.09g (5.65%), Cholesterol: 83.82mg (27.94%), Sodium: 735.19mg (31.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.75g (45.5%), Vitamin B3: 6.84mg (34.21%), Phosphorus: 272.46mg (27.25%), Selenium: 18.06µg (25.8%), Vitamin B6: 0.41mg (20.36%), Calcium: 170.55mg (17.05%), Vitamin A: 700.13IU (14%), Vitamin C: 10.84mg (13.14%), Zinc: 1.78mg (11.85%), Vitamin B2: 0.2mg (11.73%), Magnesium: 43.08mg (10.77%), Fiber: 2.59g (10.37%), Folate: 40.18µg (10.05%), Iron: 1.78mg (9.88%), Potassium: 334mg (9.54%), Vitamin B12: 0.55µg (9.2%), Vitamin B5: 0.76mg (7.57%), Manganese: 0.15mg (7.48%), Vitamin B1: 0.1mg (6.98%), Copper: 0.09mg (4.51%), Vitamin D: 0.51µg (3.38%), Vitamin E: 0.4mg (2.66%), Vitamin K: 2.18µg (2.08%)