



Chicken Cordon Bleu Impossibly Easy Pie

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



172 kcal

Ingredients

- 1 cup roasted chicken cubed cooked
- 0.7 cup finely-chopped ham cubed cooked
- 4 oz swiss cheese shredded
- 0.3 teaspoon salt
- 0.1 teaspoon pepper
- 0.7 cup milk
- 0.3 cup chicken broth (from 32-oz carton)
- 0.3 cup chives sour (from 12-oz container)
- 2 teaspoons dijon mustard

- 2 eggs
- 1 serving chives fresh chopped
- 0.5 cup frangelico

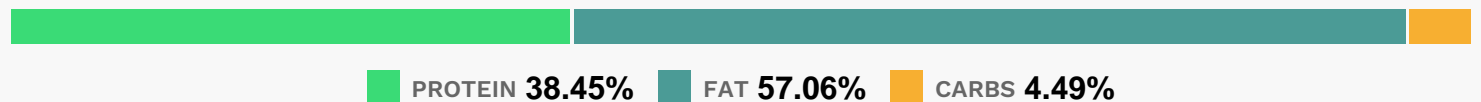
Equipment

- bowl
- oven
- knife
- whisk

Directions

- Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray.
- Layer chicken, ham and cheese in pie plate.
- In medium bowl, mix remaining ingredients with whisk or fork until blended.
- Pour over cheese in pie plate.
- Bake 30 to 35 minutes or until knife inserted in center comes out clean.
- Let stand 5 minutes before serving. If desired, serve with additional potato topper and fresh chives.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:0.58, Inflammation Score:-3, Nutrition Score:8.6913042690443%

Flavonoids

Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 171.64kcal (8.58%), Fat: 10.72g (16.5%), Saturated Fat: 5.05g (31.55%), Carbohydrates: 1.9g (0.63%), Net Carbohydrates: 1.77g (0.64%), Sugar: 1.47g (1.64%), Cholesterol: 102.32mg (34.11%), Sodium: 392.34mg (17.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.26g (32.52%), Selenium: 19.57µg (27.96%), Phosphorus: 249.82mg (24.98%), Calcium: 216.82mg (21.68%), Vitamin B12: 1.1µg (18.25%), Vitamin B2: 0.24mg (13.93%), Zinc: 1.79mg (11.94%), Vitamin B3: 2.39mg (11.93%), Vitamin B6: 0.19mg (9.32%), Vitamin B5: 0.76mg (7.56%), Vitamin B1: 0.11mg (7.43%), Vitamin A: 371.03IU (7.42%), Magnesium: 20.56mg (5.14%), Potassium: 173.89mg (4.97%), Vitamin C: 4mg (4.85%), Vitamin K: 4.39µg (4.18%), Iron: 0.74mg (4.11%), Vitamin D: 0.59µg (3.94%), Folate: 12.19µg (3.05%), Copper: 0.05mg (2.7%), Manganese: 0.04mg (2.07%), Vitamin E: 0.3mg (1.98%)