



Chicken Dumping Pie

READY IN



45 min.

SERVINGS



8

CALORIES



368 kcal

Ingredients

- 2 cups baking mix low-fat reduced-fat (such as Bisquick)
- 10.5 ounce chicken broth low-sodium canned
- 21.5 ounce condensed undiluted reduced-fat reduced-sodium canned
- 3 cups chicken breast cooked chopped
- 8 ounce carton cream sour low-fat
- 1 cup milk fat-free
- 2 cups vegetables mixed frozen thawed drained
- 0.5 teaspoon poultry seasoning

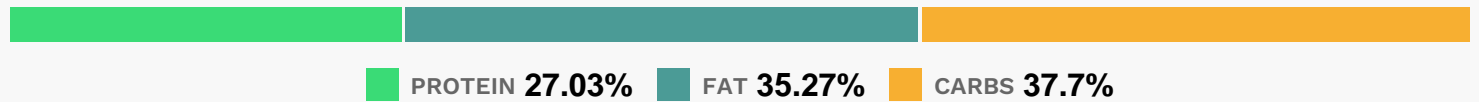
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 35
- Combine first 5 ingredients in a large bowl, stirring well.
- Pour chicken mixture into a 13- x 9-inch baking dish coated with cooking spray.
- Combine baking mix, milk, and sour cream in a medium bowl; spoon over chicken mixture.
- Bake, uncovered, at 350 for 50 to 60 minutes or until topping is golden.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.16, Glycemic Load:4.78, Inflammation Score:-9, Nutrition Score:16.987826274789%

Nutrients (% of daily need)

Calories: 368.02kcal (18.4%), Fat: 14.39g (22.14%), Saturated Fat: 5.01g (31.34%), Carbohydrates: 34.61g (11.54%), Net Carbohydrates: 32.14g (11.69%), Sugar: 5.57g (6.19%), Cholesterol: 62.16mg (20.72%), Sodium: 1025.17mg (44.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.81g (49.63%), Vitamin A: 2620.13IU (52.4%), Vitamin B3: 10mg (50%), Phosphorus: 409.94mg (40.99%), Selenium: 19.87µg (28.39%), Vitamin B2: 0.35mg (20.6%), Vitamin B6: 0.41mg (20.51%), Vitamin B1: 0.3mg (20.23%), Calcium: 166.75mg (16.67%), Iron: 2.76mg (15.33%), Folate: 58.22µg (14.56%), Manganese: 0.28mg (14.16%), Potassium: 461.19mg (13.18%), Copper: 0.24mg (11.85%), Vitamin B5: 1.1mg (11.02%), Magnesium: 43.85mg (10.96%), Vitamin B12: 0.63µg (10.49%), Fiber: 2.46g (9.86%), Zinc: 1.45mg (9.68%), Vitamin C: 5.17mg (6.26%), Vitamin K: 6.38µg (6.08%), Vitamin E: 0.68mg (4.53%), Vitamin D: 0.45µg (2.97%)