



## Chicken in Every Pot Pie

READY IN



45 min.

SERVINGS



8

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 cups baking mix
- 4 carrots sliced
- 0.5 teaspoon celery seed
- 1.5 cups chicken broth
- 4 cups chicken meat cubed cooked
- 10.8 ounce cream of mushroom soup canned
- 1 teaspoon garlic powder
- 0.3 teaspoon ground pepper black
- 1.3 cups milk

- 0.3 teaspoon paprika
- 1.5 cups peas green frozen
- 0.3 teaspoon salt

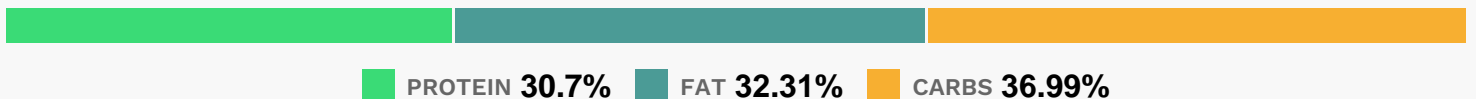
## Equipment

- sauce pan
- oven

## Directions

- In a saucepan combine chicken, broth, peas, carrots, soup, salt and pepper. Bring to a boil, stirring occasionally.
- Meanwhile, combine biscuit mix, milk, garlic powder and celery seed (mixture will be thin).
- Pour hot chicken mixture into 9x13 greased oven proof dish. Immediately spoon biscuit mixture evenly over the top of chicken mixture.
- Sprinkle with paprika.
- Bake, uncovered at 350 degrees F (175 degrees C) for 30–35 minutes or until topping is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:22.65, Glycemic Load:2.72, Inflammation Score:-10, Nutrition Score:20.270434928977%

## Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 330.65kcal (16.53%), Fat: 11.71g (18.02%), Saturated Fat: 3.66g (22.9%), Carbohydrates: 30.18g (10.06%), Net Carbohydrates: 26.98g (9.81%), Sugar: 8.52g (9.47%), Cholesterol: 60.46mg (20.15%), Sodium: 978.91mg

(42.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.05g (50.1%), Vitamin A: 5427.05IU (108.54%), Vitamin B3: 8.24mg (41.2%), Phosphorus: 403.78mg (40.38%), Selenium: 21µg (30%), Vitamin B1: 0.35mg (23.26%), Vitamin B2: 0.39mg (22.99%), Vitamin B6: 0.45mg (22.26%), Manganese: 0.43mg (21.37%), Folate: 67.36µg (16.84%), Vitamin C: 12.79mg (15.5%), Zinc: 2.28mg (15.23%), Iron: 2.56mg (14.24%), Potassium: 494.75mg (14.14%), Calcium: 132.11mg (13.21%), Vitamin B5: 1.28mg (12.81%), Fiber: 3.2g (12.78%), Vitamin K: 12.99µg (12.37%), Copper: 0.24mg (11.79%), Magnesium: 43.57mg (10.89%), Vitamin B12: 0.6µg (9.93%), Vitamin D: 0.42µg (2.8%), Vitamin E: 0.34mg (2.23%)