



Chicken Parmesan Pot Pie

READY IN



90 min.

SERVINGS



10

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup vanilla almond milk
- 1 cup baking mix all-purpose bisquick® (such as)
- 0.5 cup butter softened
- 15 ounce black beans rinsed drained canned
- 28 ounce canned tomatoes diced canned
- 1 eggs
- 1 teaspoon basil fresh chopped
- 8 ounce mozzarella cheese fresh cubed
- 3 cloves garlic chopped

- 1 teaspoon olive oil
- 2 onions diced
- 1 teaspoon oregano fresh chopped
- 0.5 cup parmesan cheese grated
- 4 chicken breast halves boneless skinless cubed
- 6 ounce tomato paste canned

Equipment

- bowl
- sauce pan
- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a large casserole dish.
- Heat olive oil in a large saucepan over medium-high heat; cook and stir onions, garlic, oregano, and basil in the hot oil until onions are soft, 5 to 8 minutes. Stir chicken into onion mixture and cook, stirring often, until chicken is no longer pink on the outside, about 5 more minutes.
- Add diced tomatoes, tomato paste, and black beans. Bring mixture to a simmer, reduce heat to medium-low, and simmer for 30 minutes, stirring often.
- Stir mozzarella cheese into chicken mixture and pour into prepared casserole dish.
- Combine baking mix with Parmesan cheese, almond milk, butter, and egg in a bowl to make a batter.
- Pour batter over chicken mixture.
- Bake in the preheated oven until casserole is bubbling and crust has browned, 30 to 40 minutes.

Nutrition Facts



PROTEIN 23.97% FAT 48.71% CARBS 27.32%

Properties

Glycemic Index:28.5, Glycemic Load:2.65, Inflammation Score:-7, Nutrition Score:17.743043531542%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 365.15kcal (18.26%), Fat: 20.09g (30.91%), Saturated Fat: 10.6g (66.25%), Carbohydrates: 25.36g (8.45%), Net Carbohydrates: 19.83g (7.21%), Sugar: 6.86g (7.62%), Cholesterol: 92.21mg (30.74%), Sodium: 822.35mg (35.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.24g (44.48%), Phosphorus: 373.37mg (37.34%), Selenium: 23.81µg (34.02%), Vitamin B3: 6.78mg (33.89%), Vitamin B6: 0.58mg (28.78%), Calcium: 260.22mg (26.02%), Fiber: 5.53g (22.13%), Manganese: 0.39mg (19.44%), Potassium: 673.71mg (19.25%), Vitamin B2: 0.31mg (18.36%), Vitamin B1: 0.25mg (16.83%), Iron: 2.9mg (16.11%), Folate: 64.26µg (16.07%), Copper: 0.31mg (15.45%), Vitamin C: 12.51mg (15.16%), Magnesium: 58.93mg (14.73%), Vitamin A: 731.39IU (14.63%), Vitamin B12: 0.78µg (13%), Vitamin B5: 1.26mg (12.59%), Zinc: 1.82mg (12.15%), Vitamin E: 1.78mg (11.89%), Vitamin K: 9.02µg (8.59%), Vitamin D: 0.25µg (1.66%)