



Chicken Pot Pie Cupcakes

 **Gluten Free**

READY IN



45 min.

SERVINGS



12

CALORIES



57 kcal

Ingredients

- 1 tablespoon butter melted
- 18.5 oz cream of chicken soup hearty pie style progresso® canned
- 0.3 teaspoon pepper
- 0.3 cup potatoes dry mashed betty crocker® potato buds® ()
- 0.5 cup savory vegetable mixed green frozen cooked giant®
- 0.3 teaspoon thyme leaves dried

Equipment

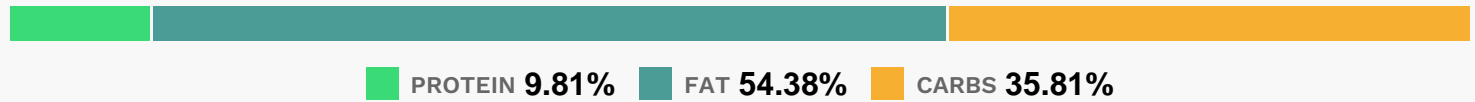
- bowl
- frying pan

- oven
- muffin liners

Directions

- Heat oven to 375°F. Spray 12 regular-size muffin cups with cooking spray.
- In medium bowl, mix soup, potatoes (dry), cooked vegetables, thyme and pepper.
- Unroll 1 can of dough; spread with half of soup mixture. Starting at shortest side, roll up; pinch edges to seal.
- Cut into 6 slices.
- Place 1 slice in each of 6 muffin cups. Repeat with remaining dough and soup mixture.
- Bake 25 to 30 minutes or until golden brown.
- Brush top of each with melted butter; remove from pan.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.9, Glycemic Load:2.42, Inflammation Score:-4, Nutrition Score:1.9395652218195%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 57.19kcal (2.86%), Fat: 3.51g (5.41%), Saturated Fat: 1.35g (8.44%), Carbohydrates: 5.21g (1.74%), Net Carbohydrates: 4.76g (1.73%), Sugar: 0.28g (0.31%), Cholesterol: 6mg (2%), Sodium: 318.24mg (13.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.85%), Vitamin A: 496.1IU (9.92%), Copper: 0.07mg (3.5%), Iron: 0.59mg (3.29%), Manganese: 0.06mg (3.16%), Vitamin C: 2.05mg (2.48%), Phosphorus: 21.74mg (2.17%), Vitamin K: 2.05µg (1.95%), Potassium: 63.14mg (1.8%), Fiber: 0.45g (1.79%), Vitamin E: 0.26mg (1.76%), Vitamin B2: 0.03mg (1.71%), Vitamin B3: 0.33mg (1.65%), Vitamin B1: 0.02mg (1.31%), Magnesium: 5.07mg (1.27%), Selenium: 0.89µg (1.27%), Vitamin B6: 0.02mg (1.24%), Zinc: 0.18mg (1.2%), Vitamin B5: 0.12mg (1.16%), Folate: 4.07µg (1.02%)