



Chicken Succotash Pot Pie

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 oz asiago cheese shredded
- ☐ 0.3 cup butter cold
- ☐ 2 tablespoons butter
- ☐ 1 cup chicken broth (from 32-oz container)
- ☐ 10.8 oz cream of chicken soup canned
- ☐ 1 cup edamame frozen organic shelled thawed cascadian farm®
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 cup ears corn fresh thawed ()

- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 teaspoon pepper black
- ☐ 1 cup onion chopped
- ☐ 1 cup bell pepper red chopped
- ☐ 2 cups rotisserie chicken cut shredded (from 2-lb chicken)
- ☐ 1 cup cream sour
- ☐ 2.5 cups frangelico
- ☐ 2.5 cups frangelico

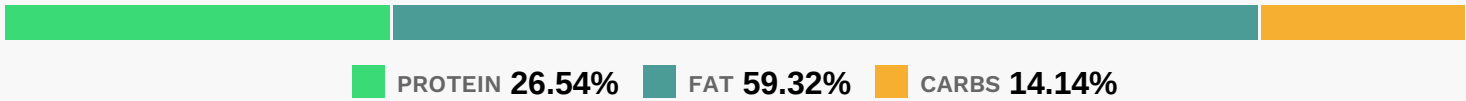
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Heat oven to 400F. In 10-inch cast-iron or other ovenproof skillet, melt 2 tablespoons butter over medium heat.
- ☐ Add onion, bell pepper and garlic; cook 6 to 8 minutes or until tender.
- ☐ Add corn and edamame; cook 2 minutes. Stir in broth; cook 1 minute. Stir in chicken, 1/4 teaspoon of the pepper and the soup. Keep chicken mixture warm.
- ☐ In medium bowl, place Bisquick mix; cut in 1/4 cup butter with pastry blender until mixture looks like coarse meal. Stir in cheese, sour cream, basil and remaining 1/4 teaspoon pepper until stiff dough forms. Drop by slightly heaping 1/3 cupfuls into 8 mounds on chicken mixture.
- ☐ Bake 30 to 35 minutes or until topping is golden brown.

Nutrition Facts



Properties

Glycemic Index:45.13, Glycemic Load:2.03, Inflammation Score:-7, Nutrition Score:8.9039129264977%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 385.8kcal (19.29%), Fat: 25.87g (39.8%), Saturated Fat: 12.69g (79.31%), Carbohydrates: 13.88g (4.63%), Net Carbohydrates: 11.98g (4.36%), Sugar: 4.72g (5.24%), Cholesterol: 109.79mg (36.6%), Sodium: 890.19mg (38.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.04g (52.09%), Vitamin C: 27.17mg (32.94%), Vitamin A: 1269.04IU (25.38%), Calcium: 230.23mg (23.02%), Phosphorus: 164.15mg (16.41%), Vitamin B2: 0.17mg (9.79%), Potassium: 282.55mg (8.07%), Selenium: 5.54µg (7.92%), Manganese: 0.16mg (7.79%), Fiber: 1.9g (7.59%), Iron: 1.32mg (7.33%), Vitamin B6: 0.13mg (6.52%), Vitamin E: 0.92mg (6.14%), Folate: 24.16µg (6.04%), Vitamin K: 6.32µg (6.01%), Magnesium: 22.8mg (5.7%), Zinc: 0.8mg (5.36%), Vitamin B1: 0.07mg (4.81%), Vitamin B5: 0.47mg (4.69%), Copper: 0.09mg (4.47%), Vitamin B12: 0.25µg (4.24%), Vitamin B3: 0.82mg (4.1%)