



Chicken-Taco Cornbread Pie

READY IN



50 min.

SERVINGS



6

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8.5 oz corn muffin mix
- 1 bell pepper green chopped
- 1 Tbsp oil
- 1 cup cheddar cheese shredded kraft
- 1.5 lb chicken breasts boneless skinless cut into 1/2-inch pieces
- 1 oz taco bellâ® taco seasoning mix
- 0.8 cup water

Equipment

frying pan

oven

Directions

Heat oven to 400F.

Heat oil in large skillet on medium-high heat.

Add chicken; cook and stir 5 min. or until done. Stir in peppers, seasoning mix and water. Bring to boil; simmer on medium-low heat 10 min., stirring occasionally.

Spoon into 9-inch pie plate sprayed with cooking spray; sprinkle with cheese. Prepare muffin mix as directed on package; spoon over cheese, completely covering cheese layer.

Bake 20 min. or until golden brown.

Let stand 5 min. before serving.

Nutrition Facts



PROTEIN 31.21% **FAT 37.08%** **CARBS 31.71%**

Properties

Glycemic Index:6.17, Glycemic Load:0.18, Inflammation Score:-7, Nutrition Score:19.486956420152%

Flavonoids

Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 407.47kcal (20.37%), Fat: 16.61g (25.55%), Saturated Fat: 5.68g (35.52%), Carbohydrates: 31.95g (10.65%), Net Carbohydrates: 28.12g (10.22%), Sugar: 9.59g (10.66%), Cholesterol: 92.21mg (30.74%), Sodium: 966.11mg (42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.44g (62.89%), Vitamin B3: 13.27mg (66.37%), Selenium: 43.87µg (62.67%), Phosphorus: 524.75mg (52.48%), Vitamin B6: 0.96mg (47.91%), Vitamin C: 19.47mg (23.6%), Vitamin B5: 1.91mg (19.06%), Vitamin B2: 0.31mg (18.31%), Vitamin B1: 0.26mg (17.39%), Calcium: 164.58mg (16.46%), Vitamin A: 785.54IU (15.71%), Fiber: 3.84g (15.34%), Potassium: 514.17mg (14.69%), Folate: 47.82µg (11.96%), Magnesium: 46.49mg (11.62%), Zinc: 1.61mg (10.71%), Iron: 1.84mg (10.22%), Manganese: 0.17mg (8.48%), Vitamin B12: 0.46µg (7.71%), Vitamin E: 0.9mg (6.02%), Vitamin K: 5.82µg (5.54%), Copper: 0.09mg (4.44%), Vitamin D: 0.23µg (1.51%)