



Chicken Tamale Pie

 **Gluten Free**

READY IN



40 min.

SERVINGS



6

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 oz roasted chicken diced frozen thawed cooked
- 4.5 oz chilis green drained chopped canned
- 0.5 cup cornmeal
- 1 eggs
- 6 servings lettuce shredded sour thick
- 0.8 cup milk
- 4 oz cheddar cheese shredded
- 2 teaspoons taco seasoning (from 1-oz package)

- 11 oz corn whole with red and green peppers, drained canned
- 0.5 cup frangelico
- 0.5 cup frangelico

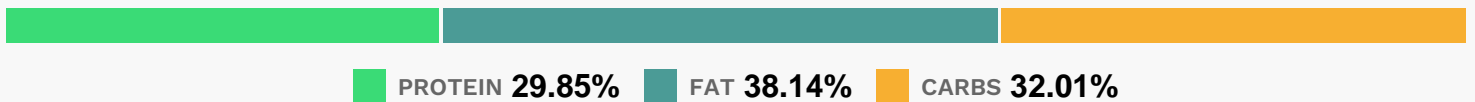
Equipment

- bowl
- oven
- toothpicks

Directions

- Heat oven to 400F. In 9-inch glass pie plate, stir chicken, chiles and taco seasoning until mixed.
- Sprinkle with cheese.
- In medium bowl, stir Bisquick mix, cornmeal, milk, egg and corn until blended.
- Pour over chicken mixture and cheese.
- Bake 25 to 30 minutes or until toothpick inserted in topping comes out clean. To serve, cut into wedges and top with lettuce, sour cream and salsa.

Nutrition Facts



Properties

Glycemic Index:23.08, Glycemic Load:6.81, Inflammation Score:-6, Nutrition Score:13.076521749082%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 273.79kcal (13.69%), Fat: 11.58g (17.82%), Saturated Fat: 5.05g (31.58%), Carbohydrates: 21.87g (7.29%), Net Carbohydrates: 19.19g (6.98%), Sugar: 3.69g (4.1%), Cholesterol: 80.79mg (26.93%), Sodium: 349.87mg

(15.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.39g (40.79%), Phosphorus: 281.01mg (28.1%), Selenium: 17.07µg (24.39%), Vitamin B3: 4.39mg (21.93%), Vitamin K: 22.06µg (21.01%), Calcium: 196.78mg (19.68%), Vitamin B6: 0.36mg (17.9%), Folate: 64.9µg (16.22%), Vitamin B2: 0.25mg (14.53%), Zinc: 2.14mg (14.29%), Vitamin A: 707.69IU (14.15%), Vitamin C: 10.66mg (12.92%), Potassium: 421.79mg (12.05%), Manganese: 0.24mg (12%), Magnesium: 45.17mg (11.29%), Fiber: 2.68g (10.72%), Iron: 1.91mg (10.64%), Vitamin B12: 0.59µg (9.76%), Vitamin B1: 0.14mg (9.13%), Vitamin B5: 0.86mg (8.64%), Copper: 0.1mg (5.25%), Vitamin D: 0.58µg (3.84%), Vitamin E: 0.35mg (2.32%)