



Cornbread Chicken Pot Pie

READY IN



45 min.

SERVINGS



4

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce cream of chicken soup fat free 98% canned (Regular or)
- 2 cups roasted chicken cubed cooked
- 8 ounce corn muffin mix
- 1 eggs
- 0.8 cup milk
- 0.5 cup cheddar cheese shredded
- 8 ounce corn whole drained canned

Equipment

bowl

oven

Directions

Heat the oven to 400 degrees F. Stir the soup, corn and chicken in a 9-inch pie plate.

Stir the muffin mix, milk and egg in a small bowl just until blended.

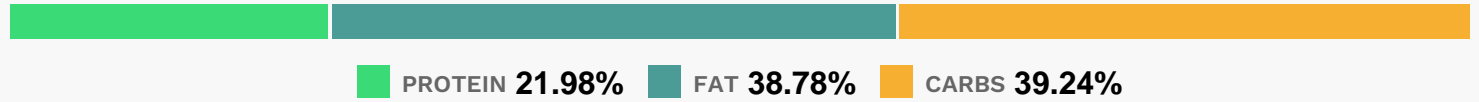
Spread the batter over the chicken mixture.

Bake for 30 minutes or until the topping is golden brown.

Sprinkle with the cheese.

Let stand until the cheese is melted.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:3.25, Inflammation Score:-6, Nutrition Score:17.918260869773%

Nutrients (% of daily need)

Calories: 565.24kcal (28.26%), Fat: 24.08g (37.04%), Saturated Fat: 8.34g (52.15%), Carbohydrates: 54.8g (18.27%), Net Carbohydrates: 51.12g (18.59%), Sugar: 14.23g (15.81%), Cholesterol: 120.26mg (40.09%), Sodium: 1268.38mg (55.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.7g (61.41%), Phosphorus: 591.2mg (59.12%), Selenium: 30.09µg (42.98%), Vitamin B3: 8.22mg (41.08%), Vitamin B2: 0.48mg (28.02%), Vitamin B1: 0.34mg (22.54%), Calcium: 214.82mg (21.48%), Vitamin B6: 0.42mg (20.8%), Folate: 82.33µg (20.58%), Iron: 3.41mg (18.96%), Zinc: 2.61mg (17.43%), Vitamin B5: 1.5mg (14.96%), Fiber: 3.69g (14.74%), Manganese: 0.28mg (14.02%), Vitamin B12: 0.75µg (12.48%), Potassium: 422.15mg (12.06%), Magnesium: 48.22mg (12.05%), Copper: 0.22mg (10.81%), Vitamin A: 507.62IU (10.15%), Vitamin K: 6.47µg (6.16%), Vitamin D: 0.81µg (5.39%), Vitamin E: 0.75mg (4.98%), Vitamin C: 1.1mg (1.33%)