



## Cornbread-Topped Chicken Pot Pie

READY IN



60 min.

SERVINGS



4

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 lb chicken breast boneless skinless cut into 1/2-inch pieces
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 1 cup onion chopped
- ☐ 12 oz campbell's chicken gravy
- ☐ 1 lb broccoli frozen
- ☐ 0.5 cup cream sour
- ☐ 6.5 oz just-add-water cornbread mix
- ☐ 0.3 cup milk
- ☐ 2 tablespoons butter melted

- ☐ 1 eggs
- ☐ 2 tablespoons parmesan shredded

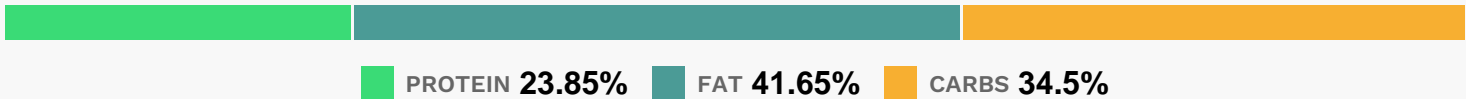
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ colander
- ☐ glass baking pan

## Directions

- ☐ Heat oven to 400°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ Sprinkle chicken with seasoned salt. In 12-inch nonstick skillet, cook chicken and onion over medium-high heat 4 to 6 minutes, stirring occasionally, until chicken is brown.
- ☐ Stir in gravy.
- ☐ Heat to boiling. Reduce heat to medium-low; cover and cook about 5 minutes, stirring occasionally, until chicken is no longer pink in center. Meanwhile, place vegetables in colander. Rinse with hot water until thawed.
- ☐ Remove chicken mixture from heat. Stir in vegetables and sour cream; keep warm.
- ☐ In medium bowl, mix cornbread and muffin mix, milk, butter and egg with spoon just until moistened (batter will be lumpy). Spoon chicken mixture into baking dish. Drop batter by spoonfuls around edges of warm chicken mixture.
- ☐ Sprinkle cheese over batter.
- ☐ Bake uncovered 20 to 22 minutes or until cornbread is deep golden brown.
- ☐ Let stand 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:31, Glycemic Load:2.67, Inflammation Score:-9, Nutrition Score:34.256956463275%

Flavonoids

Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 9.15mg, Kaempferol: 9.15mg, Kaempferol: 9.15mg, Kaempferol: 9.15mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 11.82mg, Quercetin: 11.82mg, Quercetin: 11.82mg

Nutrients (% of daily need)

Calories: 579.21kcal (28.96%), Fat: 26.89g (41.37%), Saturated Fat: 8.86g (55.38%), Carbohydrates: 50.11g (16.7%), Net Carbohydrates: 43.48g (15.81%), Sugar: 16.45g (18.28%), Cholesterol: 142.32mg (47.44%), Sodium: 1351.01mg (58.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.65g (69.3%), Vitamin C: 105.79mg (128.23%), Vitamin K: 118.92µg (113.26%), Vitamin B3: 14.2mg (71.01%), Selenium: 47.29µg (67.56%), Phosphorus: 632.98mg (63.3%), Vitamin B6: 1.2mg (60.03%), Folate: 133.56µg (33.39%), Vitamin A: 1623.95IU (32.48%), Vitamin B2: 0.52mg (30.57%), Vitamin B5: 2.89mg (28.94%), Potassium: 975.29mg (27.87%), Fiber: 6.62g (26.49%), Vitamin B1: 0.39mg (26.09%), Manganese: 0.46mg (23.01%), Magnesium: 76.31mg (19.08%), Calcium: 186.51mg (18.65%), Iron: 2.72mg (15.1%), Zinc: 1.84mg (12.29%), Vitamin E: 1.64mg (10.93%), Vitamin B12: 0.57µg (9.56%), Copper: 0.16mg (7.76%), Vitamin D: 0.57µg (3.8%)