



WHATSheATE



Creamy Chicken Enchilada Pot Pies

READY IN



60 min.

SERVINGS



10

CALORIES



339 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 oz grands flaky refrigerator biscuits refrigerated hungry jack® canned
- ☐ 0.5 lb chicken breast for stir-frying
- ☐ 4.5 oz chilis green chopped canned
- ☐ 8 oz cream cheese softened
- ☐ 0.7 cup rice cereal crisp
- ☐ 10 oz enchilada sauce canned
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.7 cup monterrey jack cheese shredded
- ☐ 1 tablespoon cooking oil

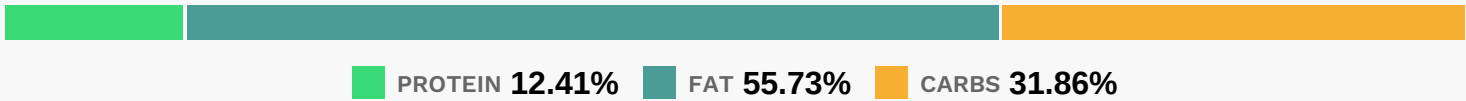
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 375F. Separate dough into 10 biscuits. Press each biscuit to form 4 1/2-inch round.
- ☐ Place 1 biscuit round in ungreased muffin cup; firmly press in bottom and up sides, forming 1/4-inch rim. Repeat with remaining biscuits.
- ☐ Spoon about 1 tablespoon each of cheese and cereal into each biscuit-lined cup; press mixture in bottom.
- ☐ Heat oil in large skillet over medium-high heat until hot.
- ☐ Add chicken; cook and stir until no longer pink in center. Reduce heat to medium.
- ☐ Add cream cheese, chiles, 1/2 cup of the enchilada sauce and cilantro; cook and stir until blended and cream cheese is melted. Spoon about 1/3 cup chicken mixture into each cup. Cups will be full.
- ☐ Bake at 375F. for 21 to 26 minutes or until edges of biscuits are deep golden brown.
- ☐ Heat remaining enchilada sauce. Spoon warm sauce over pies.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:13.96, Inflammation Score:-5, Nutrition Score:7.8430435009625%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 339.37kcal (16.97%), Fat: 21.03g (32.36%), Saturated Fat: 9.02g (56.34%), Carbohydrates: 27.05g (9.02%), Net Carbohydrates: 25.89g (9.41%), Sugar: 10.13g (11.26%), Cholesterol: 44.13mg (14.71%), Sodium: 559.35mg (24.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.54g (21.07%), Vitamin B3: 3.63mg

(18.17%), Selenium: 12.58µg (17.97%), Phosphorus: 130.71mg (13.07%), Vitamin B2: 0.22mg (12.84%), Vitamin A: 609.14IU (12.18%), Vitamin B6: 0.23mg (11.41%), Folate: 40.72µg (10.18%), Vitamin B1: 0.15mg (9.85%), Vitamin E: 1.34mg (8.91%), Calcium: 88.51mg (8.85%), Iron: 1.55mg (8.63%), Manganese: 0.15mg (7.63%), Vitamin C: 5.22mg (6.33%), Vitamin B5: 0.58mg (5.82%), Vitamin K: 5.7µg (5.43%), Potassium: 166.17mg (4.75%), Fiber: 1.16g (4.64%), Zinc: 0.66mg (4.42%), Magnesium: 15.64mg (3.91%), Vitamin B12: 0.16µg (2.63%), Copper: 0.05mg (2.32%)