



Easy Chicken Pot Pie

 Popular

READY IN



45 min.

SERVINGS



6

CALORIES



203 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups savory vegetable mixed frozen thawed
- 1 cup roasted chicken cooked chopped
- 10.5 oz cream of chicken soup canned
- 1 cup pancake mix
- 0.5 cup milk
- 1 tablespoon vegetable oil
- 1 eggs

Equipment

bowl

oven

Directions

Heat oven to 375°F. Spray 9-inch pie plate with cooking spray.

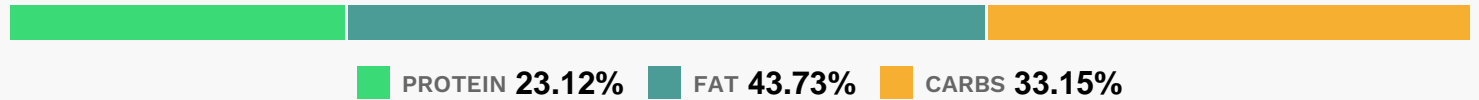
Add vegetables, chicken and soup; stir to combine.

In medium bowl, stir remaining ingredients until blended.

Pour into pie plate.

Bake uncovered 29 to 33 minutes or until crust is deep golden brown.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:3.83, Inflammation Score:-9, Nutrition Score:10.157826185226%

Nutrients (% of daily need)

Calories: 202.69kcal (10.13%), Fat: 9.93g (15.28%), Saturated Fat: 2.71g (16.91%), Carbohydrates: 16.94g (5.65%), Net Carbohydrates: 14.71g (5.35%), Sugar: 1.27g (1.41%), Cholesterol: 66.57mg (22.19%), Sodium: 514.72mg (22.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.81g (23.63%), Vitamin A: 2537.06IU (50.74%), Phosphorus: 189.9mg (18.99%), Selenium: 11.63µg (16.61%), Vitamin B3: 2.9mg (14.48%), Vitamin B2: 0.22mg (13.22%), Calcium: 96.82mg (9.68%), Vitamin B6: 0.19mg (9.35%), Iron: 1.65mg (9.17%), Manganese: 0.18mg (9.1%), Vitamin B1: 0.13mg (8.95%), Fiber: 2.23g (8.93%), Potassium: 257.94mg (7.37%), Zinc: 1.04mg (6.96%), Vitamin B5: 0.69mg (6.94%), Copper: 0.13mg (6.74%), Folate: 26.6µg (6.65%), Magnesium: 25.89mg (6.47%), Vitamin K: 6.29µg (5.99%), Vitamin C: 4.91mg (5.95%), Vitamin B12: 0.32µg (5.27%), Vitamin E: 0.54mg (3.6%), Vitamin D: 0.37µg (2.47%)