



Easy Chicken Pot Pie

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup roasted chicken cooked
- ☐ 10.8 oz cream of chicken soup canned
- ☐ 1 eggs
- ☐ 1.7 cups savory vegetable mixed frozen thawed
- ☐ 0.5 cup milk
- ☐ 1 cup frangelico
- ☐ 1 cup frangelico

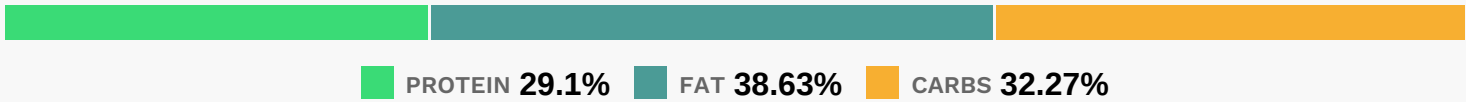
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 400F. In ungreased 9-inch pie plate, stir vegetables, chicken and soup.
- ☐ In medium bowl, stir remaining ingredients until blended.
- ☐ Pour into pie plate.
- ☐ Bake uncovered about 30 minutes or until crust golden brown.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:4.08, Inflammation Score:-9, Nutrition Score:8.7608695652174%

Nutrients (% of daily need)

Calories: 139.72kcal (6.99%), Fat: 6.09g (9.37%), Saturated Fat: 1.94g (12.13%), Carbohydrates: 11.44g (3.81%), Net Carbohydrates: 9.42g (3.43%), Sugar: 1.28g (1.42%), Cholesterol: 51.28mg (17.09%), Sodium: 415.97mg (18.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.32g (20.64%), Vitamin A: 2741.76IU (54.84%), Selenium: 9.55µg (13.64%), Vitamin B3: 2.7mg (13.49%), Phosphorus: 125.43mg (12.54%), Vitamin B2: 0.16mg (9.54%), Vitamin B6: 0.17mg (8.45%), Manganese: 0.16mg (8.24%), Fiber: 2.02g (8.09%), Iron: 1.43mg (7.94%), Copper: 0.13mg (6.54%), Vitamin B1: 0.1mg (6.47%), Potassium: 226.12mg (6.46%), Vitamin C: 5.31mg (6.43%), Zinc: 0.91mg (6.05%), Vitamin B5: 0.6mg (5.95%), Magnesium: 22.39mg (5.6%), Calcium: 51.67mg (5.17%), Folate: 20.29µg (5.07%), Vitamin B12: 0.24µg (4.05%), Vitamin D: 0.37µg (2.47%), Vitamin E: 0.36mg (2.41%), Vitamin K: 2.17µg (2.06%)