



Easy Chicken Pot Pie (Cooking for 2)

READY IN



30 min.

SERVINGS



3

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cream of chicken soup canned reduced-fat reduced-sodium
- ☐ 0.3 cup skim milk fat-free (skim)
- ☐ 1 cup savory vegetable mixed frozen
- ☐ 0.5 cup chicken breast strips/pre-cooked/chopped cooked
- ☐ 0.5 cup baking mix bisquick heart smart®
- ☐ 0.3 cup skim milk fat-free (skim)
- ☐ 2 tablespoons eggs fat-free

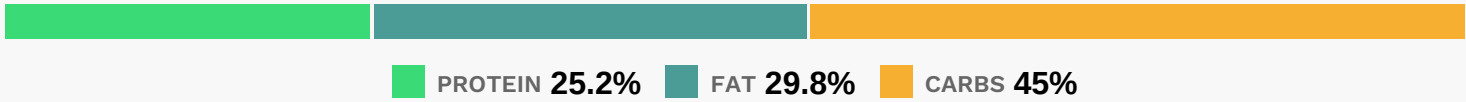
Equipment

- ☐ bowl
- ☐ oven
- ☐ microwave

Directions

- ☐ Heat oven to 400°F. In ungreased 1-quart casserole, stir together soup and 1/4 cup milk; stir in vegetables and chicken. Microwave uncovered on High 3 minutes; stir.
- ☐ In small bowl, stir remaining ingredients until blended.
- ☐ Pour over chicken mixture.
- ☐ Bake uncovered about 20 minutes or until crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:4.54, Inflammation Score:-9, Nutrition Score:13.492608588675%

Nutrients (% of daily need)

Calories: 228.71kcal (11.44%), Fat: 7.62g (11.73%), Saturated Fat: 2.13g (13.31%), Carbohydrates: 25.9g (8.63%), Net Carbohydrates: 23.05g (8.38%), Sugar: 4.66g (5.17%), Cholesterol: 61.49mg (20.5%), Sodium: 626.56mg (27.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.5g (29%), Vitamin A: 3299.33IU (65.99%), Phosphorus: 282.22mg (28.22%), Vitamin B3: 5.09mg (25.44%), Selenium: 12.82µg (18.32%), Vitamin B2: 0.28mg (16.67%), Vitamin B1: 0.24mg (15.84%), Vitamin B6: 0.25mg (12.69%), Manganese: 0.25mg (12.63%), Folate: 49.82µg (12.45%), Calcium: 119.77mg (11.98%), Fiber: 2.85g (11.39%), Iron: 1.99mg (11.06%), Potassium: 323.32mg (9.24%), Vitamin B5: 0.88mg (8.78%), Magnesium: 34.09mg (8.52%), Vitamin B12: 0.48µg (8.03%), Copper: 0.16mg (8.02%), Vitamin C: 6.41mg (7.77%), Zinc: 1.06mg (7.06%), Vitamin D: 0.67µg (4.46%), Vitamin K: 3.12µg (2.97%), Vitamin E: 0.42mg (2.8%)