



WHATSheATE



Easy Chicken Salad Pie

READY IN



35 min.

SERVINGS



6

CALORIES



665 kcal

Ingredients

- ☐ 0.5 cup celery chopped
- ☐ 2 cups roasted chicken cubed cooked
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.8 cup mayonnaise
- ☐ 1 box pie crust dough refrigerated softened
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 0.5 cup slivered almonds toasted

Equipment

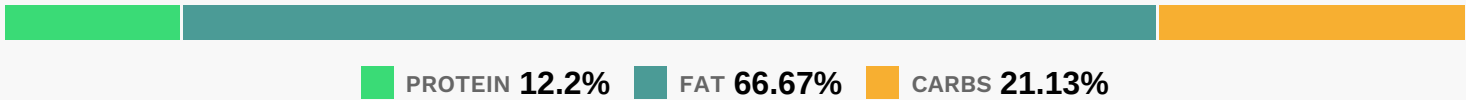
- ☐ bowl

- ☐ oven
- ☐ pie form

Directions

- ☐ Heat oven to 450F. Prepare pie crust as directed on package for one-crust baked shell using 9-inch glass pie pan.
- ☐ Bake at 450F. for 9 to 11 minutes or until light golden brown. Cool 15 minutes or until completely cooled.
- ☐ In medium bowl, combine all filling ingredients except parsley. Spoon into cooled baked shell.
- ☐ Sprinkle with parsley.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:0.27, Inflammation Score:-5, Nutrition Score:15.359565304673%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 1.68mg, Apigenin: 1.68mg, Apigenin: 1.68mg, Apigenin: 1.68mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 664.95kcal (33.25%), Fat: 49.13g (75.58%), Saturated Fat: 11.71g (73.22%), Carbohydrates: 35.04g (11.68%), Net Carbohydrates: 32.09g (11.67%), Sugar: 0.7g (0.78%), Cholesterol: 56.18mg (18.73%), Sodium: 554.25mg (24.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.23g (40.45%), Vitamin K: 64.13µg (61.08%), Vitamin B3: 5.84mg (29.22%), Selenium: 18.99µg (27.13%), Manganese: 0.52mg (26.04%), Vitamin E: 3.63mg (24.18%), Phosphorus: 232.3mg (23.23%), Vitamin B2: 0.34mg (19.81%), Vitamin B1: 0.24mg (15.91%), Iron: 2.76mg (15.36%), Folate: 60.38µg (15.1%), Vitamin B6: 0.25mg (12.63%), Magnesium: 48.18mg (12.05%), Fiber: 2.95g (11.79%), Calcium:

115.58mg (11.56%), Zinc: 1.7mg (11.31%), Copper: 0.18mg (9.08%), Vitamin B5: 0.88mg (8.76%), Potassium: 275.93mg (7.88%), Vitamin A: 226.4IU (4.53%), Vitamin B12: 0.27µg (4.48%), Vitamin C: 1.15mg (1.39%)