



Easy Italian Chicken Pie

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups roasted chicken cubed cooked
- 0.3 cup bell pepper green red thinly sliced
- 0.5 cup tomato sauce
- 4 ounces mozzarella cheese shredded italian-style (1 cup)
- 1 cup milk
- 1 eggs
- 0.5 cup frangelico

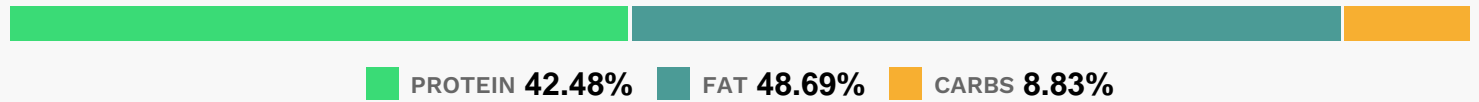
Equipment

- bowl
- oven
- knife
- whisk

Directions

- Heat oven to 400°F. Spray 9-inch pie plate with cooking spray or grease with shortening.
- Stir chicken, bell pepper and pizza sauce in pie plate; arrange evenly.
- Sprinkle with cheese. Stir remaining ingredients in small bowl with fork or wire whisk until blended.
- Pour into pie plate.
- Bake 25 to 30 minutes or until knife inserted in center comes out clean.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:1.45, Inflammation Score:-4, Nutrition Score:10.597826097323%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 211.29kcal (10.56%), Fat: 11.27g (17.34%), Saturated Fat: 5.2g (32.47%), Carbohydrates: 4.6g (1.53%), Net Carbohydrates: 4.06g (1.48%), Sugar: 3.72g (4.14%), Cholesterol: 98.51mg (32.84%), Sodium: 331.67mg (14.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.12g (44.25%), Selenium: 21.41µg (30.58%), Phosphorus: 263.12mg (26.31%), Vitamin B3: 4.79mg (23.93%), Calcium: 190.63mg (19.06%), Vitamin B12: 1.02µg (17.02%), Vitamin B6: 0.33mg (16.45%), Vitamin B2: 0.27mg (16.05%), Zinc: 1.89mg (12.63%), Vitamin C: 9.7mg (11.76%), Vitamin B5: 0.98mg (9.79%), Potassium: 320.97mg (9.17%), Vitamin A: 445.69IU (8.91%), Magnesium: 27.88mg (6.97%), Iron: 1.2mg (6.67%), Vitamin B1: 0.08mg (5.59%), Vitamin D: 0.8µg (5.36%), Copper: 0.08mg (3.8%), Vitamin E: 0.55mg (3.66%), Manganese: 0.06mg (2.95%), Folate: 11.72µg (2.93%), Fiber: 0.54g (2.15%), Vitamin K:

2.12µg (2.01%)