



Fajita Pot Pie

READY IN



45 min.

SERVINGS



4

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 medium bell pepper cut into 1/2-inch strips
- ☐ 2 cups roasted chicken cooked
- ☐ 0.5 cup milk
- ☐ 0.3 cup monterrey jack cheese shredded
- ☐ 1.8 cups salsa thick old el paso®
- ☐ 1 teaspoon vegetable oil
- ☐ 0.3 cup water
- ☐ 1 cup baking mix original bisquick®

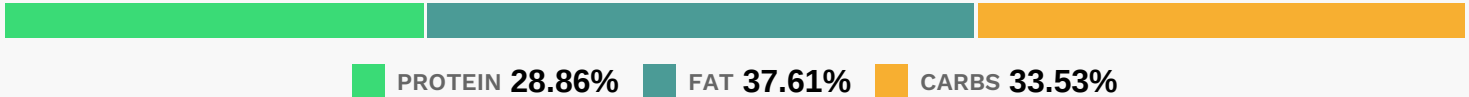
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 400°F. In 10-inch skillet, heat oil over medium heat. Cook bell pepper in oil, stirring occasionally, until crisp-tender. Stir in chicken, salsa and water. Cook 1 to 2 minutes, stirring occasionally, until bubbly.
- ☐ Pour into ungreased 1 1/2-quart casserole; set aside.
- ☐ In small bowl, stir together remaining ingredients.
- ☐ Pour over chicken mixture; carefully spread almost to edge of casserole.
- ☐ Bake uncovered about 30 minutes or until light golden brown. Write a message with squeezable ketchup if desired.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.75, Inflammation Score:-8, Nutrition Score:17.500434885854%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 345.52kcal (17.28%), Fat: 14.48g (22.27%), Saturated Fat: 5.03g (31.42%), Carbohydrates: 29.04g (9.68%), Net Carbohydrates: 26.05g (9.47%), Sugar: 9.97g (11.08%), Cholesterol: 65.14mg (21.71%), Sodium: 1250.92mg (54.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25g (50%), Phosphorus: 422.78mg (42.28%), Vitamin B3: 8.34mg (41.7%), Selenium: 22.45µg (32.08%), Vitamin B6: 0.58mg (28.97%), Vitamin C: 21.29mg (25.81%), Vitamin A: 1163.46IU (23.27%), Vitamin B2: 0.36mg (21.29%), Calcium: 203.2mg (20.32%), Vitamin B1: 0.28mg (18.82%), Potassium: 587.44mg (16.78%), Vitamin B5: 1.36mg (13.56%), Folate: 54.09µg (13.52%), Manganese: 0.26mg (13.07%), Zinc: 1.92mg (12.78%), Iron: 2.29mg (12.71%), Vitamin E: 1.79mg (11.96%), Fiber: 2.99g (11.96%),

Magnesium: 47.4mg (11.85%), Vitamin K: 9.85µg (9.38%), Vitamin B12: 0.56µg (9.38%), Copper: 0.17mg (8.41%),
Vitamin D: 0.39µg (2.61%)