



Chicken Cordon Bleu Impossibly Easy Pie

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



195 kcal

Ingredients

- 0.3 cup chicken broth (from 32-oz carton)
- 0.3 cup approx cream cheese spread sour (from 12-oz container)
- 1 cup roasted chicken cubed cooked
- 0.7 cup finely-chopped ham cubed cooked
- 2 teaspoons dijon mustard
- 2 eggs
- 6 servings chives fresh chopped
- 0.7 cup milk
- 0.1 teaspoon pepper

- 0.3 teaspoon salt
- 4 oz swiss cheese shredded
- 0.5 cup frangelico
- 0.5 cup frangelico

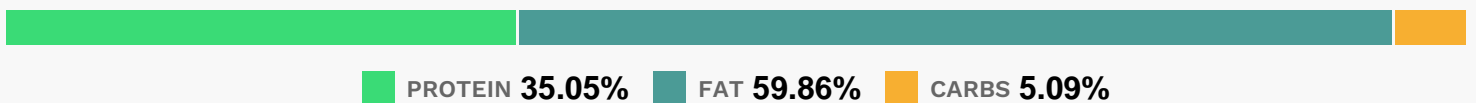
Equipment

- bowl
- oven
- knife
- whisk

Directions

- Heat oven to 400F. Spray 9-inch glass pie plate with cooking spray.
- Layer chicken, ham and cheese in pie plate.
- In medium bowl, mix remaining ingredients with whisk or fork until blended.
- Pour over cheese in pie plate.
- Bake 30 to 35 minutes or until knife inserted in center comes out clean.
- Let stand 5 minutes before serving. If desired, serve with additional potato topper and fresh chives.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:0.57, Inflammation Score:-3, Nutrition Score:8.6382609165233%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 194.85kcal (9.74%), Fat: 12.77g (19.64%), Saturated Fat: 6.36g (39.78%), Carbohydrates: 2.45g (0.82%), Net Carbohydrates: 2.34g (0.85%), Sugar: 1.75g (1.94%), Cholesterol: 108.18mg (36.06%), Sodium: 436.2mg (18.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.82g (33.64%), Selenium: 19.56µg (27.95%), Phosphorus: 249.34mg (24.93%), Calcium: 227.41mg (22.74%), Vitamin B12: 1.1µg (18.25%), Vitamin B2: 0.24mg (13.88%), Zinc: 1.79mg (11.91%), Vitamin B3: 2.38mg (11.9%), Vitamin B6: 0.19mg (9.26%), Vitamin A: 424.61IU (8.49%), Vitamin B5: 0.75mg (7.53%), Vitamin B1: 0.11mg (7.39%), Magnesium: 20.21mg (5.05%), Potassium: 171.42mg (4.9%), Vitamin C: 3.51mg (4.26%), Iron: 0.73mg (4.04%), Vitamin D: 0.59µg (3.94%), Folate: 11.31µg (2.83%), Copper: 0.05mg (2.64%), Vitamin K: 2.61µg (2.49%), Vitamin E: 0.29mg (1.96%), Manganese: 0.04mg (1.91%)