



Chicken Tamale Pie

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 oz roasted chicken diced frozen thawed cooked
- 4 oz chilis green drained chopped canned
- 6.3 oz taco seasoning
- 4 oz cheddar cheese shredded
- 0.5 cup cornmeal
- 0.8 cup milk
- 1 eggs
- 11 oz corn whole with red and green peppers, drained canned

- 1 serving lettuce shredded
- 1 serving cream sour
- 1 serving salsa
- 0.5 cup frangelico

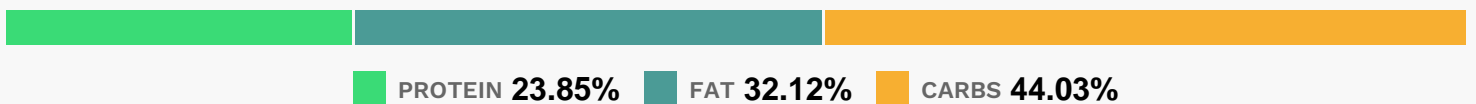
Equipment

- bowl
- oven
- toothpicks

Directions

- Heat oven to 400°F. In 9-inch glass pie plate, stir chicken, chiles and taco seasoning until mixed.
- Sprinkle with cheese.
- In medium bowl, stir Bisquick mix, cornmeal, milk, egg and corn until blended.
- Pour over chicken mixture and cheese.
- Bake 25 to 30 minutes or until toothpick inserted in topping comes out clean. To serve, cut into wedges and top with lettuce, sour cream and salsa.

Nutrition Facts



Properties

Glycemic Index:23.08, Glycemic Load:6.39, Inflammation Score:-9, Nutrition Score:15.27434770439%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 323.87kcal (16.19%), Fat: 11.87g (18.26%), Saturated Fat: 5.24g (32.77%), Carbohydrates: 36.62g (12.21%), Net Carbohydrates: 29.23g (10.63%), Sugar: 8.04g (8.93%), Cholesterol: 81.97mg (27.32%), Sodium: 2748.53mg

(119.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.83g (39.67%), Vitamin A: 3137.61IU (62.75%), Fiber: 7.39g (29.57%), Phosphorus: 269.15mg (26.91%), Vitamin C: 21.17mg (25.66%), Selenium: 17.12µg (24.45%), Vitamin B3: 4.34mg (21.71%), Iron: 3.59mg (19.97%), Calcium: 186.1mg (18.61%), Vitamin B6: 0.33mg (16.71%), Vitamin B2: 0.23mg (13.69%), Zinc: 2.05mg (13.65%), Folate: 42.45µg (10.61%), Magnesium: 40.88mg (10.22%), Vitamin B12: 0.59µg (9.83%), Potassium: 330.8mg (9.45%), Vitamin B5: 0.81mg (8.12%), Manganese: 0.15mg (7.67%), Vitamin B1: 0.11mg (7.23%), Copper: 0.09mg (4.51%), Vitamin K: 4.44µg (4.23%), Vitamin D: 0.58µg (3.84%), Vitamin E: 0.29mg (1.92%)