



## Gluten-Free Chicken and Vegetable Pot Pie

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



225 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 37 oz regular corn hearty canned
- 12 oz savory vegetable mixed frozen thawed drained
- 1 cup roasted chicken cubed cooked
- 0.5 cup milk
- 1 eggs
- 2 tablespoons butter melted
- 1 tablespoon parsley fresh chopped
- 0.8 cup frangelico gluten free

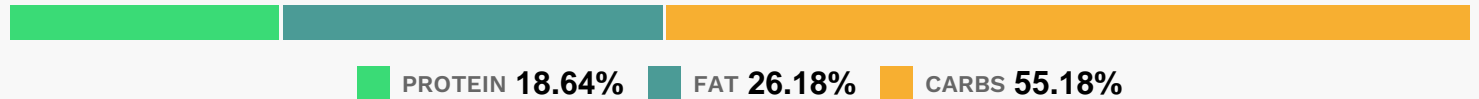
## Equipment

- bowl
- sauce pan
- oven
- baking pan
- toothpicks

## Directions

- Heat oven to 350°F. In 3–quart saucepan, heat chowder, vegetables and chicken over medium heat just until hot. Spoon into ungreased 2–quart casserole or baking dish.
- In small bowl, stir Bisquick mix, milk, egg, butter and parsley with fork until blended. Drop mixture by spoonfuls over chicken mixture.
- Bake uncovered 25 to 30 minutes or until toothpick inserted in center of topping comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:21.31, Glycemic Load:15.61, Inflammation Score:-9, Nutrition Score:12.50782602248%

## Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

## Nutrients (% of daily need)

Calories: 224.67kcal (11.23%), Fat: 7.18g (11.05%), Saturated Fat: 1.66g (10.36%), Carbohydrates: 34.05g (11.35%), Net Carbohydrates: 29.18g (10.61%), Sugar: 6.71g (7.46%), Cholesterol: 35.42mg (11.81%), Sodium: 81.31mg (3.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.5g (23.01%), Vitamin A: 2733.11IU (54.66%), Vitamin B3: 4.15mg (20.73%), Fiber: 4.86g (19.46%), Phosphorus: 187.04mg (18.7%), Manganese: 0.33mg (16.43%), Vitamin B6: 0.31mg (15.71%), Vitamin C: 12.31mg (14.92%), Vitamin B5: 1.42mg (14.24%), Vitamin B1: 0.2mg (13.08%), Potassium: 450.77mg (12.88%), Magnesium: 50.82mg (12.7%), Folate: 46.74µg (11.69%), Vitamin B2: 0.18mg (10.86%), Selenium:

6.72µg (9.59%), Zinc: 1.41mg (9.39%), Vitamin K: 8.79µg (8.37%), Iron: 1.33mg (7.41%), Copper: 0.12mg (5.93%), Calcium: 40.24mg (4.02%), Vitamin B12: 0.19µg (3.09%), Vitamin E: 0.3mg (1.97%), Vitamin D: 0.28µg (1.85%)