



Gluten-Free Impossibly Easy Chicken and Broccoli Pie

 **Gluten Free**

READY IN



55 min.

SERVINGS



8

CALORIES



169 kcal

Ingredients

- 12 oz broccoli frozen thawed drained chopped
- 6 oz cheddar cheese shredded
- 1 cup roasted chicken cooked
- 0.5 cup onion chopped
- 2 eggs
- 1 cup milk
- 0.5 teaspoon salt
- 0.3 teaspoon pepper

0.5 cup frangelico gluten free

Equipment

bowl

oven

knife

Directions

Heat oven to 400°F. Grease 9-inch glass pie plate with shortening or cooking spray. In large bowl, mix broccoli, 1 cup of the cheese, the chicken and onion. Spoon into pie plate.

Stir eggs, milk, Bisquick mix, salt and pepper until blended.

Pour over mixture in pie plate.

Bake 30 to 35 minutes or until knife inserted in center comes out clean.

Sprinkle with remaining 1/2 cup cheese; bake 1 to 2 minutes longer or just until cheese is melted. Cool 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:1.45, Inflammation Score:-6, Nutrition Score:12.301738987798%

Flavonoids

Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 3.4mg, Kaempferol: 3.4mg, Kaempferol: 3.4mg, Kaempferol: 3.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 168.62kcal (8.43%), Fat: 10.58g (16.28%), Saturated Fat: 5.36g (33.53%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 4.53g (1.65%), Sugar: 2.73g (3.03%), Cholesterol: 78.97mg (26.32%), Sodium: 339.18mg (14.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.03g (26.07%), Vitamin C: 38.67mg (46.87%), Vitamin K: 44.15µg (42.05%), Selenium: 15.4µg (21.99%), Calcium: 218.75mg (21.88%), Phosphorus: 214.63mg (21.46%), Vitamin B2: 0.26mg (15.55%), Vitamin A: 594.5IU (11.89%), Vitamin B6: 0.21mg (10.52%), Zinc: 1.51mg

(10.04%), Folate: 39.21µg (9.8%), Vitamin B12: 0.54µg (8.98%), Vitamin B3: 1.71mg (8.57%), Vitamin B5: 0.8mg (7.97%), Potassium: 267.21mg (7.63%), Magnesium: 24.44mg (6.11%), Manganese: 0.12mg (6%), Fiber: 1.29g (5.17%), Vitamin B1: 0.07mg (4.89%), Vitamin D: 0.68µg (4.55%), Iron: 0.78mg (4.32%), Vitamin E: 0.62mg (4.16%), Copper: 0.05mg (2.54%)