



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
- ☐ 1 cup roasted chicken cooked
- ☐ 2 eggs
- ☐ 1 cup milk
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 6 oz cheddar cheese shredded

- ☐ 0.5 cup frangelico gluten free
- ☐ 0.5 cup frangelico gluten free

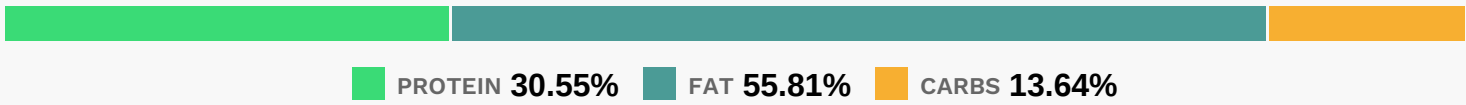
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 400F. 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%)