



WHATSheATE



Grands!® Mini Chicken Pot Pies



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



303 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16.3 ounce grands!® flaky layers buttermilk biscuits refrigerated pillsbury® canned
- ☐ 1 cup meat from a rotisserie chicken diced cooked
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 2 cups vegetables mixed green frozen thawed giant®

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

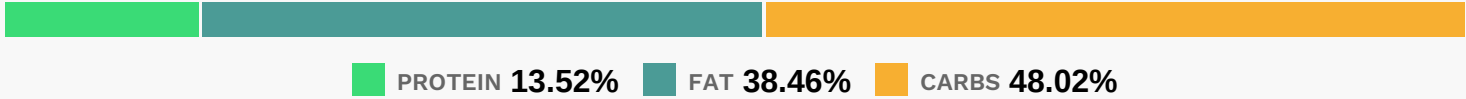
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muffin liners

Directions

- ☐ Heat oven to 375 degrees F. In medium bowl, combine vegetables, chicken and soup; mix well.
- ☐ Press each biscuit into 5 1/2-inch round.
- ☐ Place 1 round in each of 8 greased regular-size muffin cups. Firmly press in bottom and up side, forming 3/4-inch rim. Spoon a generous 1/3 cup chicken mixture into each. Pull edges of dough over filling toward center; pleat and pinch dough gently to hold in place.
- ☐ Bake at 375 degrees F 20 to 22 minutes or until biscuits are golden brown. Cool 1 minute; remove from pan.

Nutrition Facts



Properties

Glycemic Index:19.13, Glycemic Load:20.83, Inflammation Score:-9, Nutrition Score:12.191739051238%

Nutrients (% of daily need)

Calories: 303.46kcal (15.17%), Fat: 13.13g (20.19%), Saturated Fat: 2.45g (15.29%), Carbohydrates: 36.87g (12.29%), Net Carbohydrates: 34.3g (12.47%), Sugar: 2.22g (2.46%), Cholesterol: 16.75mg (5.58%), Sodium: 846.05mg (36.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.38g (20.76%), Vitamin A: 2388.15IU (47.76%), Phosphorus: 320.63mg (32.06%), Selenium: 16.07µg (22.96%), Vitamin B1: 0.32mg (21.2%), Vitamin B3: 4.03mg (20.17%), Manganese: 0.37mg (18.32%), Iron: 2.95mg (16.41%), Vitamin B2: 0.25mg (14.74%), Folate: 55.27µg (13.82%), Fiber: 2.57g (10.28%), Potassium: 284.59mg (8.13%), Copper: 0.15mg (7.45%), Vitamin B6: 0.14mg (7.13%), Magnesium: 25.94mg (6.48%), Vitamin E: 0.97mg (6.45%), Vitamin C: 4.77mg (5.78%), Zinc: 0.86mg (5.72%), Vitamin B5: 0.49mg (4.91%), Calcium: 47.11mg (4.71%), Vitamin K: 3.93µg (3.74%), Vitamin B12: 0.13µg (2.19%)