



## Halloween Fajita Pot Pie

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon vegetable oil
- 0.5 medium bell pepper cut into 1/2-inch strips
- 2 cups roasted chicken cooked
- 1.8 cups salsa thick
- 0.3 cup water
- 0.3 cup monterrey jack cheese shredded
- 0.5 cup milk
- 1 cup frangelico

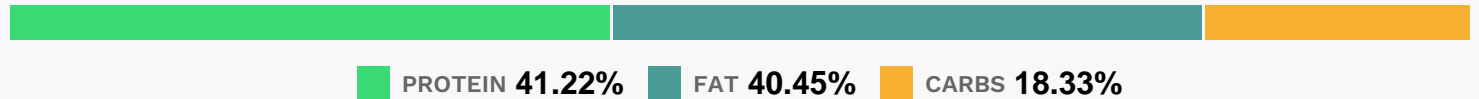
## Equipment

- bowl
- frying pan
- oven

## Directions

- Heat oven to 400°F. In 10-inch skillet, heat oil over medium heat. Cook bell pepper in oil, stirring occasionally, until crisp-tender. Stir in chicken, salsa and water. Cook 1 to 2 minutes, stirring occasionally, until bubbly.
- Pour into ungreased 1 1/2-quart casserole; set aside.
- In small bowl, stir together remaining ingredients.
- Pour over chicken mixture; carefully spread almost to edge of casserole.
- Bake uncovered about 30 minutes or until light golden brown. Write a message with squeezable ketchup if desired.

## Nutrition Facts



## Properties

Glycemic Index:24.25, Glycemic Load:0.75, Inflammation Score:-7, Nutrition Score:13.650869545729%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 217.12kcal (10.86%), Fat: 9.86g (15.16%), Saturated Fat: 3.84g (23.98%), Carbohydrates: 10.05g (3.35%), Net Carbohydrates: 7.69g (2.8%), Sugar: 6.47g (7.19%), Cholesterol: 64.54mg (21.51%), Sodium: 868.12mg (37.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.6g (45.2%), Vitamin B3: 6.98mg (34.89%), Selenium: 20.2µg (28.86%), Vitamin B6: 0.56mg (27.83%), Vitamin C: 21.2mg (25.7%), Phosphorus: 247.28mg (24.73%), Vitamin A: 1162.26IU (23.25%), Potassium: 538.54mg (15.39%), Calcium: 149.5mg (14.95%), Vitamin B2: 0.23mg (13.57%), Vitamin E: 1.75mg (11.7%), Zinc: 1.74mg (11.58%), Vitamin B5: 1.09mg (10.91%), Magnesium: 39.9mg (9.97%), Fiber: 2.36g (9.44%), Iron: 1.46mg (8.09%), Manganese: 0.16mg (7.97%), Vitamin K: 7.9µg (7.53%), Vitamin B12: 0.45µg

(7.43%), Vitamin B1: 0.11mg (7.32%), Copper: 0.12mg (6.1%), Folate: 16.59µg (4.15%), Vitamin D: 0.39µg (2.61%)