



Healthified Impossible Easy Chicken and Broccoli Pie

READY IN



45 min.

SERVINGS



6

CALORIES



207 kcal

Ingredients

- ☐ 1.5 cups broccoli florets green frozen thawed drained giant® (from 12-oz bag)
- ☐ 1 cup chicken breast strips/pre-cooked/chopped cooked
- ☐ 2 eggs fat-free
- ☐ 1 cup skim milk fat-free (skim)
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 4 oz sharp cheddar cheese shredded reduced-fat
- ☐ 0.5 cup baking mix bisquick heart smart®

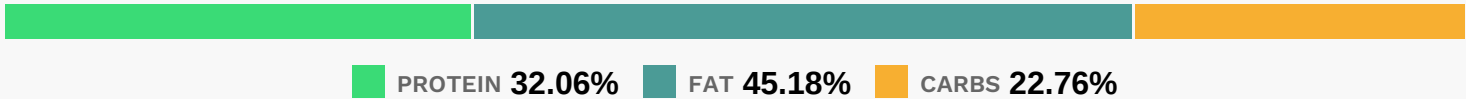
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray.
- ☐ Layer broccoli, 1/2 cup of the cheese, the chicken and onion in pie plate.
- ☐ In medium bowl, stir Bisquick mix, milk, salt, peper and eggs with wire whisk or fork until blended.
- ☐ Pour into pie plate.
- ☐ Bake 20 to 25 minutes or until knife inserted in center comes out clean.
- ☐ Sprinkle with remaining 1/2 cup cheese.
- ☐ Bake 3 to 4 minutes longer or just until cheese is melted. Cool 5 minutes.

Nutrition Facts



Properties

Glycemic Index:25.21, Glycemic Load:1.37, Inflammation Score:-5, Nutrition Score:12.220434841902%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 206.54kcal (10.33%), Fat: 10.33g (15.89%), Saturated Fat: 4.77g (29.83%), Carbohydrates: 11.7g (3.9%), Net Carbohydrates: 10.65g (3.87%), Sugar: 4.3g (4.77%), Cholesterol: 94.72mg (31.57%), Sodium: 410.99mg (17.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.49g (32.97%), Phosphorus: 290.01mg (29%), Selenium:

18.5µg (26.43%), Vitamin C: 21.31mg (25.83%), Vitamin K: 24.61µg (23.44%), Calcium: 231.32mg (23.13%), Vitamin B3: 3.88mg (19.42%), Vitamin B2: 0.3mg (17.91%), Vitamin B6: 0.27mg (13.27%), Vitamin B12: 0.69µg (11.43%), Folate: 41.99µg (10.5%), Vitamin A: 499.63IU (9.99%), Zinc: 1.48mg (9.85%), Vitamin B5: 0.91mg (9.1%), Vitamin B1: 0.13mg (8.69%), Potassium: 271.5mg (7.76%), Magnesium: 27.29mg (6.82%), Manganese: 0.12mg (6.05%), Vitamin D: 0.88µg (5.86%), Iron: 1.01mg (5.61%), Fiber: 1.05g (4.2%), Vitamin E: 0.55mg (3.68%), Copper: 0.06mg (3.1%)