



## HEALTHY LIVING Cheesy Chicken Pot Pie

READY IN



35 min.

SERVINGS



35

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 cups meat from a rotisserie chicken cooked chopped
- 16 oz vegetables mixed frozen thawed drained (carrots, corn, green beans, peas)
- 10 oz 8%-fat-free condensed cream of chicken soup canned
- 8 oz milk velveeta 2% cut into 1/2-inch cubes
- 8 oz crescent dinner rolls refrigerated reduced-fat canned

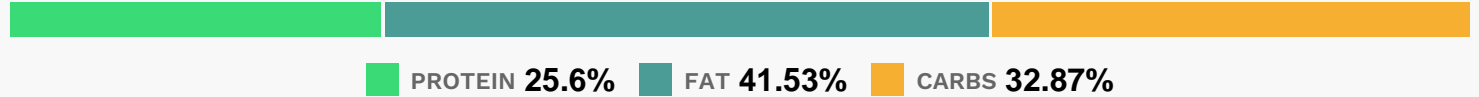
### Equipment

- oven
- baking pan

## Directions

- Heat oven to 375F.
- Combine first 4 ingredients in 13x9-inch baking dish.
- Unroll dough; place over chicken mixture.
- Bake 20 to 25 min. or until crust is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:3.6, Glycemic Load:0.92, Inflammation Score:-5, Nutrition Score:2.4973913327507%

## Nutrients (% of daily need)

Calories: 62.19kcal (3.11%), Fat: 2.93g (4.51%), Saturated Fat: 1.07g (6.69%), Carbohydrates: 5.22g (1.74%), Net Carbohydrates: 4.7g (1.71%), Sugar: 1g (1.11%), Cholesterol: 10.43mg (3.48%), Sodium: 125.28mg (5.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.13%), Vitamin A: 688.26IU (13.77%), Vitamin B3: 1.15mg (5.73%), Selenium: 3.28µg (4.69%), Phosphorus: 39.74mg (3.97%), Vitamin B6: 0.07mg (3.28%), Vitamin B2: 0.04mg (2.43%), Iron: 0.44mg (2.42%), Fiber: 0.52g (2.07%), Manganese: 0.04mg (1.97%), Potassium: 68.64mg (1.96%), Zinc: 0.29mg (1.94%), Vitamin B1: 0.03mg (1.86%), Vitamin B5: 0.18mg (1.77%), Magnesium: 6.73mg (1.68%), Vitamin C: 1.36mg (1.64%), Copper: 0.03mg (1.47%), Calcium: 13.78mg (1.38%), Vitamin B12: 0.07µg (1.16%), Folate: 4.52µg (1.13%)