



Hearty Chicken Pot Pie

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup roasted chicken cooked
- 10.8 ounces cream of chicken soup canned
- 1 eggs
- 16 ounces savory vegetable mixed frozen thawed
- 0.5 cup milk
- 1 cup frangelico
- 1 cup frangelico

Equipment

bowl

oven

Directions

Heat oven to 400F.

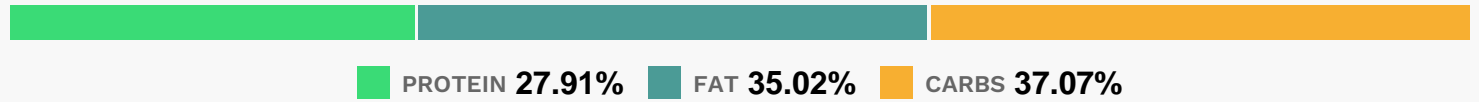
Mix vegetables, chicken and soup in ungreased 2-quart casserole.

Stir remaining ingredients in small bowl with fork until blended.

Pour into casserole.

Bake 30 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:5.14, Inflammation Score:-10, Nutrition Score:11.041304277337%

Nutrients (% of daily need)

Calories: 155.75kcal (7.79%), Fat: 6.22g (9.57%), Saturated Fat: 1.97g (12.29%), Carbohydrates: 14.81g (4.94%), Net Carbohydrates: 11.79g (4.29%), Sugar: 1.28g (1.42%), Cholesterol: 51.28mg (17.09%), Sodium: 427.74mg (18.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.15g (22.31%), Vitamin A: 4013.45IU (80.27%), Vitamin B3: 3.01mg (15.06%), Phosphorus: 140.21mg (14.02%), Selenium: 9.65µg (13.78%), Fiber: 3.02g (12.1%), Manganese: 0.23mg (11.29%), Vitamin B2: 0.18mg (10.79%), Vitamin B6: 0.19mg (9.66%), Vitamin C: 7.91mg (9.59%), Iron: 1.67mg (9.26%), Vitamin B1: 0.13mg (8.51%), Potassium: 279.21mg (7.98%), Copper: 0.15mg (7.71%), Magnesium: 28.4mg (7.1%), Folate: 27.55µg (6.89%), Zinc: 1.02mg (6.8%), Vitamin B5: 0.64mg (6.36%), Calcium: 57.93mg (5.79%), Vitamin B12: 0.24µg (4.05%), Vitamin D: 0.37µg (2.47%), Vitamin E: 0.36mg (2.41%), Vitamin K: 2.17µg (2.06%)