



Hurry Up Chicken Pot Pie

READY IN



40 min.

SERVINGS



6

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups biscuit mix instant
- 1 stick butter melted
- 0.5 cup carrots thinly sliced
- 1 cup chicken broth
- 2 cups chicken breast cooked chopped
- 10.8 ounce cream of chicken soup canned
- 2 hardboiled eggs sliced
- 1 cup milk
- 0.5 cup peas green frozen

6 servings salt and pepper

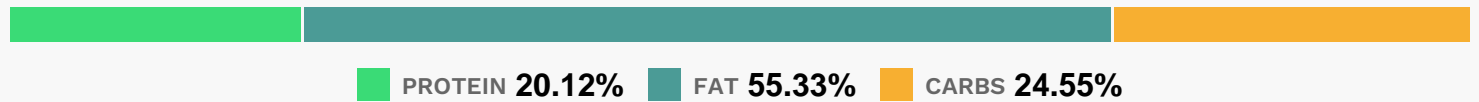
Equipment

oven

Directions

- Preheat oven to 350 degrees F.
- In a greased 2-quart casserole, layer the chicken, eggs, carrots, and peas.
- Mix the soup, chicken broth, and season with salt and pepper, if desired.
- Pour over the layers. Stir together the biscuit mix and milk, and pour this over the casserole.
- Drizzle butter over the topping.
- Bake until the topping is golden brown, 30 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:37.03, Glycemic Load:3.1, Inflammation Score:-9, Nutrition Score:16.447391364885%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 452.89kcal (22.64%), Fat: 27.72g (42.64%), Saturated Fat: 13.52g (84.51%), Carbohydrates: 27.66g (9.22%), Net Carbohydrates: 26.04g (9.47%), Sugar: 7.28g (8.09%), Cholesterol: 152.65mg (50.88%), Sodium: 1278.18mg (55.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.68g (45.36%), Vitamin A: 2601.83IU (52.04%), Vitamin B3: 8.47mg (42.33%), Phosphorus: 390.26mg (39.03%), Selenium: 22.57µg (32.25%), Vitamin B2: 0.4mg (23.58%), Vitamin B1: 0.29mg (19.59%), Vitamin B6: 0.38mg (19.17%), Folate: 58.16µg (14.54%), Calcium: 138.91mg (13.89%), Iron: 2.3mg (12.75%), Vitamin B5: 1.26mg (12.64%), Vitamin B12: 0.72µg (12%), Manganese: 0.23mg (11.69%), Potassium: 350.48mg (10.01%), Vitamin K: 10.07µg (9.59%), Zinc: 1.36mg (9.04%), Magnesium: 35.65mg (8.91%), Copper: 0.17mg (8.44%), Vitamin E: 1.17mg (7.8%), Vitamin C: 5.6mg (6.79%), Fiber: 1.62g (6.47%), Vitamin D: 0.86µg (5.74%)