



Impossibly Easy Buffalo Chicken Pie

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cheese dressing blue
- 0.3 cup sauce of the chicken from the turbo broiler
- 3 oz cream cheese softened
- 1.3 cups roasted chicken cubed cooked
- 0.5 cup celery chopped
- 0.3 cup spring onion sliced (4 medium)
- 4 oz swiss cheese shredded
- 0.5 teaspoon salt

- 0.3 teaspoon pepper
- 0.8 cup milk
- 3 eggs
- 0.8 cup frangelico

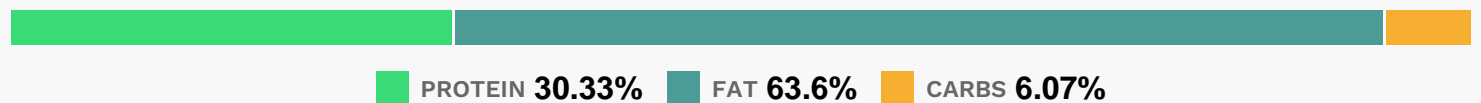
Equipment

- bowl
- oven
- whisk

Directions

- Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray.
- In small bowl, mix dressing, pepper sauce and cream cheese until blended.
- Spread in bottom of pie plate. Top with chicken, celery, green onions and Swiss cheese. In medium bowl, stir remaining ingredients with whisk or fork until blended.
- Pour in pie plate.
- Bake 25 to 30 minutes or until top is golden brown and center is set.
- Let stand 10 minutes before serving.
- Serve with additional dressing, if desired.

Nutrition Facts



Properties

Glycemic Index:31.33, Glycemic Load:0.94, Inflammation Score:-4, Nutrition Score:9.8765218568885%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 235.18kcal (11.76%), Fat: 16.5g (25.38%), Saturated Fat: 8.36g (52.23%), Carbohydrates: 3.54g (1.18%), Net Carbohydrates: 3.28g (1.19%), Sugar: 2.58g (2.87%), Cholesterol: 139.37mg (46.46%), Sodium: 747.84mg (32.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.71g (35.41%), Selenium: 21.64µg (30.92%), Phosphorus: 266.18mg (26.62%), Calcium: 251.23mg (25.12%), Vitamin B12: 1.07µg (17.84%), Vitamin B2: 0.29mg (17.29%), Vitamin A: 607.5IU (12.15%), Vitamin B3: 2.43mg (12.13%), Zinc: 1.8mg (12.02%), Vitamin K: 12.5µg (11.9%), Vitamin B6: 0.21mg (10.39%), Vitamin B5: 0.92mg (9.21%), Potassium: 210.07mg (6%), Magnesium: 22.56mg (5.64%), Folate: 20.79µg (5.2%), Vitamin D: 0.78µg (5.17%), Iron: 0.92mg (5.1%), Vitamin B1: 0.06mg (3.7%), Vitamin E: 0.55mg (3.69%), Copper: 0.05mg (2.64%), Manganese: 0.04mg (2.07%), Vitamin C: 1.07mg (1.3%), Fiber: 0.26g (1.06%)