



Impossibly Easy Buffalo Chicken Pie

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cheese dressing blue
- 0.5 cup celery chopped
- 1.3 cups roasted chicken cubed cooked
- 3 oz cream cheese softened
- 3 eggs
- 0.3 cup spring onion sliced (4 medium)
- 0.8 cup milk
- 0.3 teaspoon pepper

- 0.3 cup hot sauce
- 0.5 teaspoon salt
- 4 oz swiss cheese shredded
- 0.8 cup frangelico
- 0.8 cup frangelico

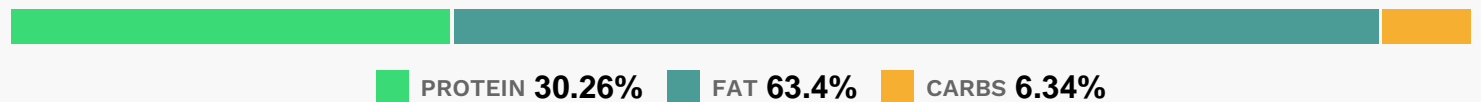
Equipment

- bowl
- oven
- whisk

Directions

- Heat oven to 400F. 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:10.448260944823%

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: 236.28kcal (11.81%), Fat: 16.53g (25.44%), Saturated Fat: 8.36g (52.26%), Carbohydrates: 3.72g (1.24%), Net Carbohydrates: 3.42g (1.24%), Sugar: 2.71g (3.01%), Cholesterol: 139.37mg (46.46%), Sodium: 705.54mg (30.68%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 17.76g (35.51%), Selenium: 21.64µg (30.92%), Phosphorus: 267.28mg (26.73%), Calcium: 252.03mg (25.2%), Vitamin B12: 1.07µg (17.84%), Vitamin B2: 0.3mg (17.77%), Vitamin A: 623.7IU (12.47%), Vitamin B3: 2.45mg (12.26%), Vitamin K: 12.74µg (12.13%), Zinc: 1.81mg (12.09%), Vitamin B6: 0.22mg (11.18%), Vitamin C: 8.55mg (10.37%), Vitamin B5: 0.93mg (9.32%), Potassium: 224.47mg (6.41%), Magnesium: 23.06mg (5.76%), Iron: 0.97mg (5.36%), Folate: 21.39µg (5.35%), Vitamin D: 0.78µg (5.17%), Vitamin B1: 0.06mg (3.94%), Vitamin E: 0.57mg (3.77%), Copper: 0.06mg (2.78%), Manganese: 0.05mg (2.31%), Fiber: 0.29g (1.18%)