



Impossibly Easy Chicken and Broccoli Pie



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



7

CALORIES



240 kcal

Ingredients

- ☐ 2 cups broccoli frozen thawed drained
- ☐ 6 oz cheddar cheese shredded
- ☐ 1 cup irish oats chunk cooked drained well
- ☐ 0.5 cup onion chopped
- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 2 eggs
- ☐ 0.5 cup frangelico

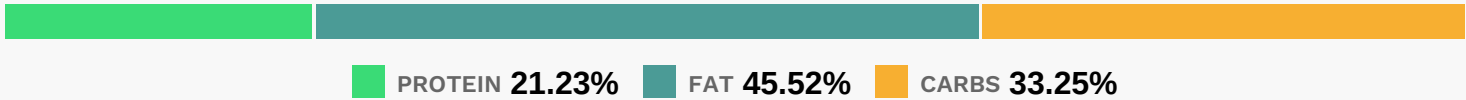
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray.
- ☐ Sprinkle broccoli, 1 cup of the cheese, the chicken and onion in pie plate.
- ☐ In medium bowl, stir remaining ingredients with wire whisk or fork until blended.
- ☐ Pour into pie plate.
- ☐ Bake 35 to 38 minutes or until knife inserted in center comes out clean.
- ☐ Sprinkle with remaining 1/2 cup cheese.
- ☐ Bake 1 to 2 minutes longer or until cheese is melted.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:30.43, Glycemic Load:8.51, Inflammation Score:-5, Nutrition Score:9.8960869260456%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 239.56kcal (11.98%), Fat: 12.28g (18.89%), Saturated Fat: 5.97g (37.31%), Carbohydrates: 20.18g (6.73%), Net Carbohydrates: 16.8g (6.11%), Sugar: 2.72g (3.02%), Cholesterol: 75.25mg (25.08%), Sodium: 364.89mg

(15.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.89g (25.78%), Vitamin C: 23.27mg (28.21%), Vitamin K: 26.53µg (25.27%), Calcium: 248.01mg (24.8%), Phosphorus: 191.41mg (19.14%), Selenium: 12.09µg (17.27%), Vitamin B2: 0.25mg (14.43%), Fiber: 3.38g (13.52%), Vitamin A: 525.1IU (10.5%), Vitamin B12: 0.56µg (9.29%), Zinc: 1.32mg (8.8%), Iron: 1.42mg (7.89%), Folate: 29.04µg (7.26%), Vitamin B6: 0.12mg (5.87%), Vitamin B5: 0.58mg (5.82%), Potassium: 185.47mg (5.3%), Vitamin D: 0.78µg (5.2%), Magnesium: 18.8mg (4.7%), Manganese: 0.08mg (4.22%), Vitamin B1: 0.05mg (3.65%), Vitamin E: 0.53mg (3.54%), Copper: 0.04mg (1.76%), Vitamin B3: 0.23mg (1.17%)