



WHATSheATE



Impossibly Easy Chicken and Broccoli Pie

♥♥ Popular

READY IN



55 min.

SERVINGS



7

CALORIES



205 kcal

Ingredients

- ☐ 2 cups broccoli green frozen thawed drained giant®
- ☐ 1 cup chicken chunk cooked drained well
- ☐ 2 eggs
- ☐ 1 cup milk
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 6 oz cheddar cheese shredded
- ☐ 0.5 cup baking mix original bisquick®

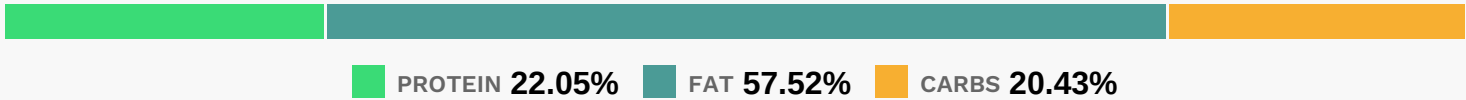
Equipment

- ☐ 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:22.29, Glycemic Load:1.35, Inflammation Score:-5, Nutrition Score:10.792173955752%

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: 204.68kcal (10.23%), Fat: 13.17g (20.26%), Saturated Fat: 6.42g (40.1%), Carbohydrates: 10.52g (3.51%), Net Carbohydrates: 9.47g (3.44%), Sugar: 3.71g (4.13%), Cholesterol: 81.23mg (27.08%), Sodium: 479.69mg

(20.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.36g (22.72%), Vitamin C: 23.42mg (28.39%), Vitamin K: 27.21µg (25.91%), Phosphorus: 252.94mg (25.29%), Calcium: 252.77mg (25.28%), Selenium: 13.85µg (19.78%), Vitamin B2: 0.29mg (17.18%), Vitamin A: 536.29IU (10.73%), Vitamin B12: 0.62µg (10.25%), Folate: 40.21µg (10.05%), Zinc: 1.47mg (9.82%), Vitamin B6: 0.15mg (7.55%), Vitamin B5: 0.73mg (7.29%), Vitamin B1: 0.11mg (7.25%), Potassium: 214.08mg (6.12%), Vitamin B3: 1.15mg (5.75%), Manganese: 0.12mg (5.75%), Magnesium: 22.49mg (5.62%), Vitamin D: 0.8µg (5.31%), Iron: 0.78mg (4.34%), Fiber: 1.05g (4.18%), Vitamin E: 0.57mg (3.77%), Copper: 0.05mg (2.61%)