



Impossibly Easy Chicken and Broccoli Pie (Crowd Size)

 Gluten Free

READY IN



70 min.

SERVINGS



12

CALORIES



222 kcal

Ingredients

- 20 ounces broccoli frozen thawed drained chopped
- 12 ounces cheddar cheese shredded
- 2 cups roasted chicken cooked
- 1 cup onion chopped
- 2 cups milk
- 1 teaspoon salt
- 0.5 teaspoon pepper
- 4 eggs

1 cup frangelico

Equipment

oven

knife

baking pan

Directions

Heat oven to 400°. Grease bottom and sides of rectangular baking dish, 13x9x2 inches, with shortening.

Sprinkle broccoli, 2 cups of the cheese, the chicken and onion in baking dish.

Stir remaining ingredients until blended.

Pour over chicken mixture.

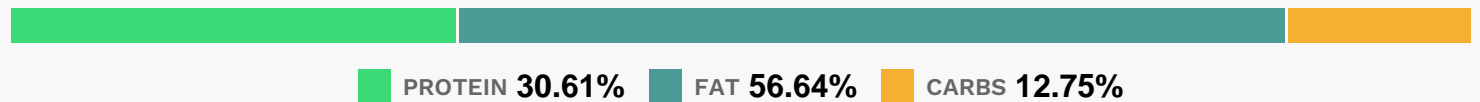
Bake uncovered 40 to 45 minutes or until knife inserted in center comes out clean.

Sprinkle with remaining 1 cup cheese.

Bake 1 to 2 minutes or until cheese is melted.

Let stand 5 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:1.8, Inflammation Score:-6, Nutrition Score:15.058260782905%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 3.79mg, Kaempferol: 3.79mg, Kaempferol: 3.79mg, Kaempferol: 3.79mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 221.61kcal (11.08%), Fat: 14.07g (21.65%), Saturated Fat: 7.14g (44.63%), Carbohydrates: 7.13g (2.38%), Net Carbohydrates: 5.66g (2.06%), Sugar: 3.47g (3.86%), Cholesterol: 105.29mg (35.1%), Sodium: 449.12mg (19.53%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.11g (34.22%), Vitamin C: 43.13mg (52.28%), Vitamin K: 49.23µg (46.89%), Selenium: 20.29µg (28.99%), Calcium: 287.23mg (28.72%), Phosphorus: 279.94mg (27.99%), Vitamin B2: 0.34mg (20.09%), Vitamin A: 733.79IU (14.68%), Vitamin B6: 0.26mg (13.19%), Zinc: 1.97mg (13.13%), Vitamin B12: 0.72µg (11.97%), Folate: 46.33µg (11.58%), Vitamin B3: 2.23mg (11.13%), Vitamin B5: 1.01mg (10.09%), Potassium: 326.42mg (9.33%), Magnesium: 30.6mg (7.65%), Manganese: 0.14mg (7%), Vitamin B1: 0.09mg (6.07%), Vitamin D: 0.91µg (6.07%), Fiber: 1.48g (5.9%), Iron: 0.97mg (5.37%), Vitamin E: 0.76mg (5.06%), Copper: 0.06mg (3.16%)