



## Impossibly Easy Chicken Pot Pie

READY IN



35 min.

SERVINGS



6

CALORIES



225 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup roasted chicken cooked
- 10.8 ounces cream of chicken soup canned
- 1 eggs
- 0.5 cup milk
- 1.7 cups savory vegetable mixed fresh green frozen giant®
- 1 cup baking mix original bisquick®

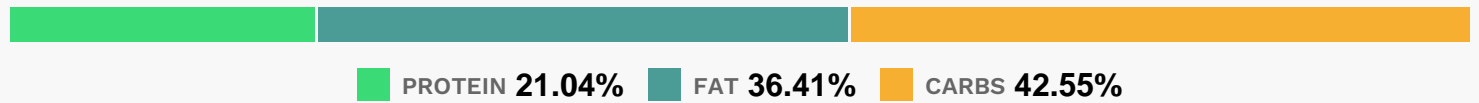
### Equipment

- oven

## Directions

- Heat oven to 400°F.
- Mix vegetables, chicken and soup in ungreased glass pie plate, 9x1 1/4 inches.
- Stir together remaining ingredients with fork until blended.
- Pour into pie plate.
- Bake 30 minutes or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:21, Glycemic Load:4.08, Inflammation Score:-9, Nutrition Score:11.327391292738%

## Nutrients (% of daily need)

Calories: 225.32kcal (11.27%), Fat: 9.17g (14.11%), Saturated Fat: 2.73g (17.09%), Carbohydrates: 24.1g (8.03%), Net Carbohydrates: 21.66g (7.88%), Sugar: 3.61g (4.01%), Cholesterol: 51.68mg (17.23%), Sodium: 671.17mg (29.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.92g (23.84%), Vitamin A: 2742.56IU (54.85%), Phosphorus: 242.43mg (24.24%), Vitamin B3: 3.61mg (18.03%), Selenium: 11.05µg (15.78%), Vitamin B2: 0.25mg (14.68%), Vitamin B1: 0.21mg (14.14%), Manganese: 0.23mg (11.64%), Folate: 45.29µg (11.32%), Iron: 1.98mg (11.02%), Fiber: 2.44g (9.77%), Vitamin B6: 0.18mg (9.21%), Calcium: 87.47mg (8.75%), Copper: 0.16mg (8.08%), Vitamin B5: 0.77mg (7.72%), Potassium: 258.72mg (7.39%), Magnesium: 27.39mg (6.85%), Zinc: 1.03mg (6.85%), Vitamin C: 5.37mg (6.51%), Vitamin B12: 0.32µg (5.35%), Vitamin K: 3.47µg (3.3%), Vitamin E: 0.39mg (2.58%), Vitamin D: 0.37µg (2.47%)