



Impossibly Easy Chicken Primavera Pie

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



142 kcal

Ingredients

- ☐ 1.5 cups roasted chicken cooked
- ☐ 9 oz asparagus frozen thawed drained well
- ☐ 1 cup bell pepper frozen thawed drained well (from 1-lb bag)
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 2 eggs
- ☐ 0.5 cup frangelico

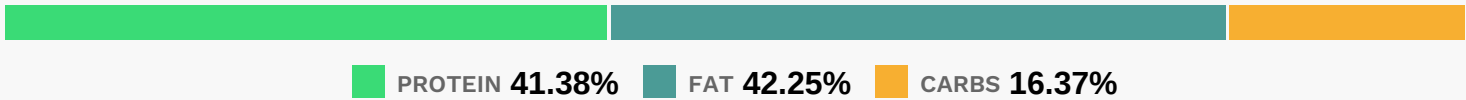
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray.
- ☐ Layer chicken, asparagus, stir-fry mixture and cheese in pie plate.
- ☐ In medium bowl, stir remaining ingredients with wire whisk or fork until blended.
- ☐ Pour into pie plate.
- ☐ Bake 30 to 35 minutes or until knife inserted in center comes out clean.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:1.28, Inflammation Score:-7, Nutrition Score:12.6952171533%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg

Nutrients (% of daily need)

Calories: 142.17kcal (7.11%), Fat: 6.7g (10.3%), Saturated Fat: 2.74g (17.14%), Carbohydrates: 5.84g (1.95%), Net Carbohydrates: 4.43g (1.61%), Sugar: 3.86g (4.29%), Cholesterol: 90.52mg (30.17%), Sodium: 355.39mg (15.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.76g (29.52%), Vitamin C: 34.17mg (41.42%), Vitamin A: 1306.5IU (26.13%), Selenium: 16.83µg (24.05%), Phosphorus: 201.1mg (20.11%), Vitamin K: 19.17µg (18.25%), Vitamin B3: 3.48mg (17.38%), Vitamin B2: 0.27mg (16.17%), Vitamin B6: 0.31mg (15.44%), Calcium: 123.61mg (12.36%), Folate: 42.51µg (10.63%), Iron: 1.72mg (9.58%), Zinc: 1.42mg (9.47%), Vitamin B5: 0.93mg (9.3%), Potassium: 309.95mg (8.86%), Vitamin B12: 0.53µg (8.78%), Vitamin B1: 0.13mg (8.4%), Vitamin E: 1.08mg (7.17%), Magnesium: 24.87mg (6.22%), Copper: 0.12mg (5.89%), Fiber: 1.41g (5.66%), Manganese: 0.11mg (5.6%), Vitamin D: 0.77µg (5.12%)