



## Impossibly Easy Chicken Taco Pie

 Gluten Free

READY IN



47 min.

SERVINGS



8

CALORIES



155 kcal

### Ingredients

- 2 cups roasted chicken cooked
- 2 eggs
- 1 cup milk
- 0.5 cup onion chopped
- 4 ounces cheddar cheese shredded
- 2 tablespoons taco seasoning (from 1-ounce package)
- 1 cup frangelico
- 1 cup frangelico

### Equipment

oven

knife

## Directions

Heat oven to 400F. Grease bottom and side of glass pie plate, 9x1 1/4 inches.

Mix chicken, onion and seasoning mix.

Sprinkle in pie plate.

Stir together Bisquick, milk and eggs with fork until blended.

Pour into pie plate.

Bake 30 to 35 minutes or until knife inserted in center comes out clean.

Sprinkle with cheese.

Bake 1 to 2 minutes longer or until cheese is melted.

Garnish with lettuce, tomatoes and sour cream if desired.

## Nutrition Facts

 **PROTEIN 37.97%**  **FAT 53.85%**  **CARBS 8.18%**

## Properties

Glycemic Index:11.5, Glycemic Load:0.84, Inflammation Score:-3, Nutrition Score:6.7878261066001%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

## Nutrients (% of daily need)

Calories: 155.49kcal (7.77%), Fat: 9.17g (14.11%), Saturated Fat: 4.27g (26.69%), Carbohydrates: 3.14g (1.05%), Net Carbohydrates: 2.85g (1.04%), Sugar: 2.1g (2.33%), Cholesterol: 85mg (28.33%), Sodium: 196.99mg (8.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.55g (29.11%), Selenium: 16.63µg (23.75%), Phosphorus: 187.61mg (18.76%), Calcium: 150.39mg (15.04%), Vitamin B3: 2.82mg (14.09%), Vitamin B2: 0.21mg (12.3%), Vitamin B6: 0.2mg (10.13%), Zinc: 1.34mg (8.91%), Vitamin B12: 0.51µg (8.57%), Vitamin B5: 0.69mg (6.93%), Vitamin A: 324.02IU (6.48%), Potassium: 166.59mg (4.76%), Magnesium: 17.16mg (4.29%), Vitamin D: 0.64µg (4.27%), Iron: 0.7mg (3.9%), Vitamin B1: 0.05mg (3.46%), Folate: 11.8µg (2.95%), Copper: 0.04mg (1.84%), Vitamin E: 0.24mg (1.59%), Vitamin C: 1.02mg (1.24%), Manganese: 0.02mg (1.23%), Fiber: 0.29g (1.15%)