



Impossibly Easy Italian Chicken Pie

 Gluten Free

READY IN



68 min.

SERVINGS



6

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups roasted chicken cooked
- 0.5 teaspoon basil dried
- 2 eggs
- 0.5 teaspoon garlic powder
- 1 cup milk
- 0.5 teaspoon oregano dried
- 0.3 cup parmesan cheese grated
- 0.3 teaspoon pepper

- 5 ounces mozzarella cheese shredded
- 6 ounces canned tomatoes canned
- 0.5 cup frangelico
- 0.5 cup frangelico

Equipment

- oven
- knife

Directions

- Heat oven to 400F. Grease 9-inch pie plate.
- Sprinkle Parmesan cheese in pie plate.
- Mix chicken, 1/2 cup of the mozzarella cheese, the oregano, basil, garlic powder and tomato paste; spoon over Parmesan cheese.
- Stir Bisquick mix, milk, pepper and eggs until blended.
- Pour over chicken mixture.
- Bake 35 minutes.
- Sprinkle with remaining mozzarella cheese.
- Bake 5 to 8 minutes or longer or until knife inserted in center comes out clean. Cool 5 minutes.

Nutrition Facts

 **PROTEIN 37.3%**  **FAT 51.78%**  **CARBS 10.92%**

Properties

Glycemic Index:24.17, Glycemic Load:1.46, Inflammation Score:-5, Nutrition Score:10.213043565335%

Nutrients (% of daily need)

Calories: 208.83kcal (10.44%), Fat: 11.95g (18.38%), Saturated Fat: 5.83g (36.47%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 4.98g (1.81%), Sugar: 3.52g (3.91%), Cholesterol: 109.19mg (36.4%), Sodium: 345.57mg (15.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.37g (38.73%), Selenium: 20.09µg (28.7%),

Phosphorus: 266.88mg (26.69%), Calcium: 245.58mg (24.56%), Vitamin B12: 1.07µg (17.75%), Vitamin B2: 0.28mg (16.34%), Vitamin B3: 3.2mg (16.01%), Vitamin B6: 0.26mg (12.81%), Zinc: 1.91mg (12.76%), Vitamin A: 432.05IU (8.64%), Vitamin B5: 0.85mg (8.52%), Potassium: 281.01mg (8.03%), Iron: 1.34mg (7.42%), Magnesium: 27.71mg (6.93%), Vitamin D: 0.86µg (5.75%), Vitamin B1: 0.08mg (5.45%), Manganese: 0.1mg (5.25%), Vitamin K: 4.91µg (4.67%), Copper: 0.09mg (4.64%), Vitamin E: 0.64mg (4.29%), Folate: 15.1µg (3.78%), Vitamin C: 2.62mg (3.17%), Fiber: 0.68g (2.74%)