



Impossible Easy Mexicali Chicken Pie

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon chilis green chopped (from 4.5-oz can)
- 2 eggs
- 1 cup corn frozen (from 12-oz bag)
- 0.5 cup guacamole
- 1 cup milk
- 8 oz monterrey jack cheese shredded
- 2.3 oz olives ripe drained sliced canned
- 0.3 cup onion chopped

- 0.3 teaspoon pepper
- 1 cup salsa thick (from 16-oz jar)
- 0.5 teaspoon salt
- 1 cup chicken shredded cooked chopped
- 0.5 cup cream sour
- 0.5 cup frangelico
- 0.5 cup frangelico

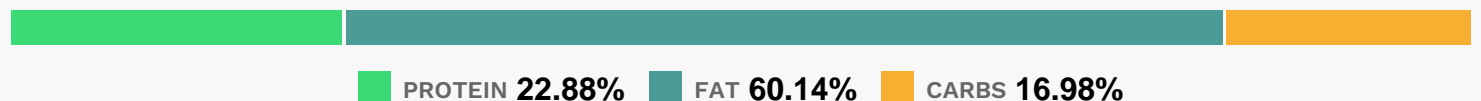
Equipment

- bowl
- oven
- knife
- whisk
- glass baking pan

Directions

- Heat oven to 400F. Spray 9-inch glass pie plate or 8-inch square (2-quart) glass baking dish with cooking spray.
- In large bowl, mix chicken, corn, olives, onion, chiles and cheese. Spoon into pie plate. In medium bowl, mix Bisquick mix, eggs, milk, salt and pepper with whisk until tiny lumps remain.
- Pour evenly over chicken mixture.
- Bake 28 to 30 minutes or until knife inserted in center comes out clean.
- Serve with salsa, guacamole and sour cream.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:1.09, Inflammation Score:-6, Nutrition Score:14.426956591399%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 354.95kcal (17.75%), Fat: 24.42g (37.56%), Saturated Fat: 11.5g (71.87%), Carbohydrates: 15.51g (5.17%), Net Carbohydrates: 12.04g (4.38%), Sugar: 4.98g (5.54%), Cholesterol: 121.89mg (40.63%), Sodium: 943.46mg (41.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.9g (41.8%), Calcium: 386.56mg (38.66%), Phosphorus: 348.7mg (34.87%), Selenium: 18.04µg (25.77%), Vitamin B2: 0.41mg (23.86%), Vitamin B6: 0.38mg (18.83%), Vitamin A: 849.77IU (17%), Vitamin B3: 3.31mg (16.53%), Zinc: 2.34mg (15.6%), Potassium: 501.11mg (14.32%), Fiber: 3.47g (13.89%), Vitamin B12: 0.77µg (12.86%), Vitamin B5: 1.22mg (12.18%), Folate: 48.57µg (12.14%), Magnesium: 47.09mg (11.77%), Vitamin E: 1.71mg (11.42%), Manganese: 0.16mg (7.88%), Iron: 1.42mg (7.87%), Vitamin C: 6.41mg (7.77%), Vitamin B1: 0.12mg (7.71%), Vitamin K: 7.91µg (7.53%), Copper: 0.14mg (6.91%), Vitamin D: 0.97µg (6.45%)