



Impossibly Easy Mini Chicken and Broccoli Pies

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



227 kcal

Ingredients

- 1 cup broccoli frozen thawed drained chopped
- 2 eggs
- 0.5 cup milk
- 0.5 cup onion chopped
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 4 oz cheddar cheese shredded
- 1 lb chicken breast boneless skinless cut into bite-size pieces

- 1 tablespoon vegetable oil
- 0.5 cup frangelico
- 0.5 cup frangelico

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- toothpicks
- muffin liners

Directions

- Heat oven to 375F. Spray 12 regular-size muffin cups with cooking spray.
- In 10-inch nonstick skillet, heat oil over medium-high heat. Cook chicken in oil 5 to 7 minutes, stirring occasionally, until chicken is no longer pink in center.
- Add onion; cook 2 to 3 minutes.
- Add broccoli, salt and pepper, stirring occasionally, until mixture is heated through. Cool 5 minutes; stir in cheese.
- In medium bowl, stir baking mixture ingredients with whisk or fork until blended. Spoon 1 scant tablespoon baking mixture into each muffin cup. Top with about 1/4 cup chicken-broccoli mixture. Spoon 1 tablespoon baking mixture onto chicken-broccoli mixture in each muffin cup.
- Bake about 30 minutes or until toothpick inserted in center comes out clean and tops are golden brown. Cool 5 minutes. With thin knife, loosen sides of pies from pan; remove from pan and place top sides up on cooling rack. Cool 10 minutes longer, and serve.

Nutrition Facts



■ PROTEIN 41.99% ■ FAT 51.25% ■ CARBS 6.76%

Properties

Glycemic Index:26, Glycemic Load:0.96, Inflammation Score:-5, Nutrition Score:14.087826137957%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 227.03kcal (11.35%), Fat: 12.77g (19.64%), Saturated Fat: 5.26g (32.9%), Carbohydrates: 3.79g (1.26%), Net Carbohydrates: 3.16g (1.15%), Sugar: 1.91g (2.12%), Cholesterol: 124.28mg (41.43%), Sodium: 439.03mg (19.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.54g (47.07%), Selenium: 34.87µg (49.81%), Vitamin B3: 8.04mg (40.19%), Vitamin B6: 0.66mg (32.93%), Phosphorus: 308.57mg (30.86%), Vitamin K: 20.03µg (19.07%), Vitamin C: 14.98mg (18.15%), Calcium: 181.07mg (18.11%), Vitamin B2: 0.27mg (16.17%), Vitamin B5: 1.56mg (15.58%), Potassium: 411.97mg (11.77%), Zinc: 1.49mg (9.93%), Vitamin B12: 0.59µg (9.86%), Magnesium: 33.52mg (8.38%), Vitamin A: 416.29IU (8.33%), Folate: 25.67µg (6.42%), Vitamin B1: 0.09mg (5.85%), Vitamin E: 0.75mg (5.02%), Vitamin D: 0.71µg (4.71%), Iron: 0.71mg (3.95%), Manganese: 0.08mg (3.86%), Copper: 0.05mg (2.55%), Fiber: 0.63g (2.52%)