



## Impossibly Easy Mini Chicken Pot Pies

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon vegetable oil
- 1 lb chicken breast boneless skinless cut into bite-size pieces
- 0.5 cup onion chopped
- 0.5 cup chicken broth
- 1 cup peas-carrots mix shopping list frozen
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 0.3 teaspoon ground thyme

- 4 oz cheddar cheese shredded
- 0.5 cup milk
- 2 eggs
- 0.5 cup frangelico

## Equipment

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

## Directions

- Heat oven to 375°F. 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 and chicken broth; heat to simmering.
- Add frozen vegetables and seasonings.
- Heat until hot, stirring occasionally until almost all liquid is absorbed. 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 mixture. Spoon 1 tablespoon baking mixture onto chicken mixture in each muffin cup.
- Bake 25 to 30 minutes or until toothpick inserted in center comes out clean. 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 **41.09%** ■ FAT **49.46%** ■ CARBS **9.45%**

## Properties

Glycemic Index:20.67, Glycemic Load:0.77, Inflammation Score:-9, Nutrition Score:15.257826017297%

## Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

## Nutrients (% of daily need)

Calories: 235.7kcal (11.79%), Fat: 12.87g (19.79%), Saturated Fat: 5.27g (32.94%), Carbohydrates: 5.53g (1.84%), Net Carbohydrates: 4.47g (1.63%), Sugar: 1.75g (1.94%), Cholesterol: 124.67mg (41.56%), Sodium: 525.3mg (22.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.05g (48.09%), Vitamin A: 2542.86IU (50.86%), Selenium: 34.86µg (49.8%), Vitamin B3: 8.32mg (41.59%), Vitamin B6: 0.66mg (32.83%), Phosphorus: 313.76mg (31.38%), Calcium: 182.05mg (18.21%), Vitamin B2: 0.29mg (16.96%), Vitamin B5: 1.52mg (15.22%), Potassium: 414.75mg (11.85%), Zinc: 1.57mg (10.44%), Vitamin B12: 0.6µg (9.93%), Magnesium: 34.93mg (8.73%), Vitamin B1: 0.13mg (8.4%), Folate: 24.95µg (6.24%), Manganese: 0.11mg (5.68%), Vitamin K: 5.78µg (5.51%), Vitamin C: 4.53mg (5.49%), Iron: 0.92mg (5.14%), Vitamin D: 0.71µg (4.71%), Vitamin E: 0.65mg (4.33%), Fiber: 1.06g (4.23%), Copper: 0.07mg (3.4%)