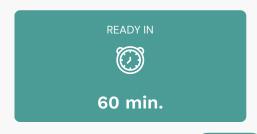
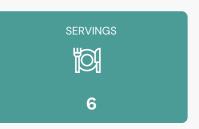


Impossibly Easy Mini Chicken Pot Pies

Gluten Free







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

	0.5 cup chicken broth
	2 eggs

- 0.3 teaspoon ground thyme
- 0.5 cup milk
- 0.5 cup onion chopped
- 1 cup peas-carrots mix shopping list frozen
- 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
Eq	uipment
	bowl
	frying pan
	oven
	knife
	whisk
	wire rack
	toothpicks
	muffin liners
Di	rections
	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 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 %: O% (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%)