



## Impossibly Easy Mini Thai Chicken Pies

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 eggs
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup spring onion sliced (4 medium)
- 0.3 cup spring onion sliced (4 medium, if desired)
- 1 tablespoon juice of lime fresh
- 0.5 cup milk
- 0.5 cup onion chopped
- 0.5 cup peanuts salted

- 4 oz mozzarella cheese shredded
- 1 lb chicken breast boneless skinless cut into bite-size pieces
- 0.5 teaspoon curry paste red
- 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 green onions, cilantro, red curry paste and lime juice, 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 Thai chicken mixture. Spoon 1 tablespoon baking mixture onto Thai chicken mixture in each muffin cup.
- Bake 30 to 35 minutes or until toothpick inserted in center comes out clean and tops of pies are golden brown. Ten minutes into baking, carefully open oven and sprinkle 1/2 tablespoon peanuts on top of each muffin. Close oven door and finish baking. 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; serve with sliced green onions.

## Nutrition Facts

**PROTEIN 38%** **FAT 54.01%** **CARBS 7.99%**

### Properties

Glycemic Index:33.71, Glycemic Load:0.99, Inflammation Score:-6, Nutrition Score:16.182608728823%

### Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

### Nutrients (% of daily need)

Calories: 274.7kcal (13.73%), Fat: 16.59g (25.53%), Saturated Fat: 5.05g (31.55%), Carbohydrates: 5.52g (1.84%), Net Carbohydrates: 3.88g (1.41%), Sugar: 2.06g (2.29%), Cholesterol: 120.31mg (40.1%), Sodium: 239.66mg (10.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.27g (52.53%), Vitamin B3: 9.94mg (49.72%), Selenium: 33.29µg (47.56%), Vitamin B6: 0.68mg (33.8%), Phosphorus: 330.07mg (33.01%), Vitamin K: 24.24µg (23.09%), Manganese: 0.38mg (18.85%), Vitamin B5: 1.65mg (16.49%), Calcium: 155.79mg (15.58%), Vitamin B2: 0.25mg (14.84%), Potassium: 484.2mg (13.83%), Vitamin B12: 0.82µg (13.71%), Magnesium: 53.88mg (13.47%), Folate: 48.97µg (12.24%), Vitamin B1: 0.17mg (11.01%), Zinc: 1.58mg (10.54%), Vitamin A: 457.79IU (9.16%), Copper: 0.16mg (7.85%), Iron: 1.27mg (7.07%), Fiber: 1.64g (6.57%), Vitamin C: 4.43mg (5.36%), Vitamin D: 0.67µg (4.45%), Vitamin E: 0.6mg (4%)