



Impossible Easy Spicy Pork and Chicken Pie

READY IN



65 min.

SERVINGS



6

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 lb sausage meat
- ☐ 1 cup roasted chicken cooked chopped
- ☐ 9 oz spinach frozen thawed chopped
- ☐ 0.3 cup spring onion sliced
- ☐ 4 oz cheddar cheese shredded
- ☐ 0.5 cup baking mix bisquick heart smart®
- ☐ 1 cup milk
- ☐ 0.5 teaspoon ground pepper red (cayenne)
- ☐ 0.3 teaspoon ground sage

☐ 2 eggs

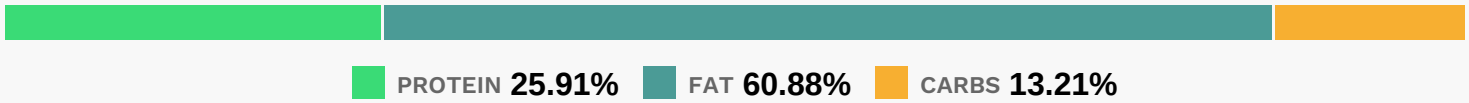
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray. In 10-inch skillet, cook sausage over medium-high heat, stirring occasionally, until no longer pink; drain.
- ☐ Sprinkle sausage, chicken, spinach, onions and 1/2 cup of the cheese in pie plate.
- ☐ In medium bowl, stir remaining ingredients until blended.
- ☐ Pour into pie plate.
- ☐ Bake uncovered 30 to 35 minutes or until knife inserted in center comes out clean.
- ☐ Sprinkle with remaining 1/2 cup cheese.
- ☐ Bake about 2 minutes longer or until cheese is melted.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:0.93, Inflammation Score:-10, Nutrition Score:23.107391357422%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 333.37kcal (16.67%), Fat: 22.52g (34.64%), Saturated Fat: 9.01g (56.33%), Carbohydrates: 10.99g (3.66%), Net Carbohydrates: 9.39g (3.41%), Sugar: 3.63g (4.03%), Cholesterol: 123.26mg (41.09%), Sodium: 577.57mg

(25.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.57g (43.13%), Vitamin K: 168.44µg (160.42%), Vitamin A: 5470.31IU (109.41%), Phosphorus: 333.87mg (33.39%), Selenium: 19.71µg (28.15%), Calcium: 274.13mg (27.41%), Vitamin B2: 0.43mg (25.34%), Folate: 89.42µg (22.36%), Vitamin B3: 4.39mg (21.93%), Vitamin B6: 0.36mg (18.08%), Manganese: 0.36mg (17.85%), Zinc: 2.54mg (16.95%), Vitamin B1: 0.25mg (16.86%), Vitamin B12: 0.98µg (16.31%), Magnesium: 57.43mg (14.36%), Potassium: 421.3mg (12.04%), Iron: 2.15mg (11.92%), Vitamin E: 1.71mg (11.38%), Vitamin B5: 1.07mg (10.67%), Vitamin D: 1.35µg (8.97%), Copper: 0.14mg (6.81%), Fiber: 1.6g (6.39%), Vitamin C: 3.55mg (4.3%)