



Italian Chicken Pot Pie with Basil Biscuits

 **Gluten Free**

READY IN



30 min.

SERVINGS



6

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon olive oil
- 0.5 cup onion chopped
- 1 clove garlic finely chopped
- 3 small zucchini cut into 1/2-inch pieces (2 cups)
- 2 cups rotisserie chicken cut shredded (from 2-lb chicken)
- 15 oz tomato sauce canned
- 15 oz cannellini beans rinsed drained canned
- 14.5 oz tomatoes diced with italian-style herbs, undrained canned

- 0.3 teaspoon salt
- 0.3 teaspoon pepper black
- 0.7 cup cornmeal yellow
- 0.8 cup milk
- 0.3 cup basil fresh chopped
- 1 cup frangelico

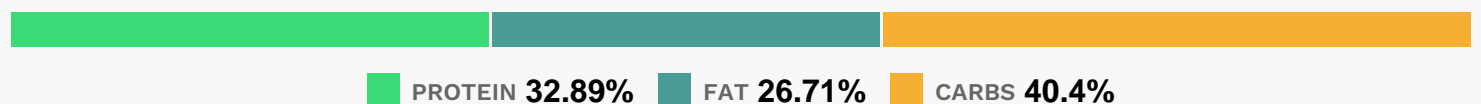
Equipment

- bowl
- frying pan

Directions

- In deep 12-inch skillet, heat oil over medium-high heat. Cook onion and garlic in oil 2 to 3 minutes, stirring occasionally, until onion is soft. Stir in zucchini, chicken, tomato sauce, beans, tomatoes, salt and pepper.
- Heat to boiling; reduce heat to medium-low. Cover; simmer 5 minutes.
- Meanwhile, in medium bowl, mix Bisquick mix, cornmeal, milk and basil just until moistened. Drop dough by 18 rounded tablespoonfuls onto hot chicken mixture. Cover; cook 8 minutes.

Nutrition Facts



Properties

Glycemic Index:59.42, Glycemic Load:13.57, Inflammation Score:-7, Nutrition Score:16.383478247601%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 377.87kcal (18.89%), Fat: 11.51g (17.71%), Saturated Fat: 2.94g (18.36%), Carbohydrates: 39.17g (13.06%), Net Carbohydrates: 31.5g (11.45%), Sugar: 8.16g (9.07%), Cholesterol: 79.37mg (26.46%), Sodium: 825.74mg (35.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.89g (63.78%), Manganese: 0.76mg (38.02%), Fiber: 7.68g (30.7%), Vitamin C: 23.22mg (28.14%), Potassium: 943.26mg (26.95%), Iron: 4.3mg (23.89%), Magnesium: 89.74mg (22.43%), Vitamin B6: 0.44mg (22.08%), Folate: 81.34µg (20.33%), Phosphorus: 194.95mg (19.49%), Copper: 0.38mg (18.96%), Vitamin E: 2.55mg (16.97%), Vitamin B1: 0.22mg (14.67%), Vitamin K: 14.44µg (13.76%), Calcium: 137.11mg (13.71%), Vitamin B2: 0.23mg (13.47%), Zinc: 1.94mg (12.97%), Vitamin A: 607.97IU (12.16%), Vitamin B3: 2.03mg (10.17%), Vitamin B5: 0.79mg (7.93%), Selenium: 3.53µg (5.04%), Vitamin B12: 0.16µg (2.74%), Vitamin D: 0.34µg (2.24%)