



Maw-Maw's Chicken Pie

READY IN



55 min.

SERVINGS



8

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 1 cup buttermilk
- ☐ 1.5 cups chicken broth
- ☐ 4 cups roasted chicken cooked chopped
- ☐ 2 tablespoons cornstarch
- ☐ 10.8 oz cream of chicken soup undiluted canned
- ☐ 1.5 cups self raising flour

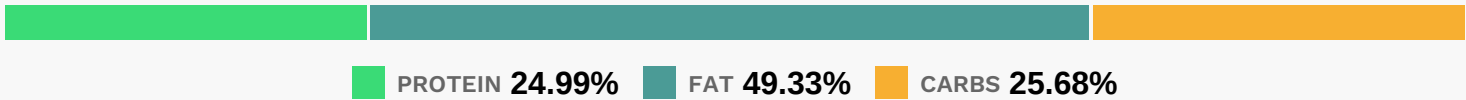
Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Place chopped chicken in a lightly greased 12- x 8-inch baking dish.
- ☐ Whisk together soup, broth, and cornstarch; pour mixture evenly over chicken.
- ☐ Whisk together flour, buttermilk, and butter; spoon batter evenly over chicken mixture.
- ☐ Bake at 400 for 40 minutes or until crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:12.64, Inflammation Score:-4, Nutrition Score:9.7717390392462%

Nutrients (% of daily need)

Calories: 366.38kcal (18.32%), Fat: 19.82g (30.49%), Saturated Fat: 9.84g (61.49%), Carbohydrates: 23.22g (7.74%), Net Carbohydrates: 22.64g (8.23%), Sugar: 1.94g (2.16%), Cholesterol: 90.23mg (30.08%), Sodium: 606.77mg (26.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.59g (45.18%), Selenium: 28.73µg (41.05%), Vitamin B3: 6.03mg (30.15%), Phosphorus: 199.87mg (19.99%), Vitamin B6: 0.31mg (15.34%), Vitamin B2: 0.22mg (12.76%), Manganese: 0.25mg (12.3%), Zinc: 1.53mg (10.22%), Vitamin A: 503.43IU (10.07%), Vitamin B5: 0.99mg (9.9%), Iron: 1.51mg (8.41%), Copper: 0.15mg (7.32%), Potassium: 254.3mg (7.27%), Magnesium: 25.87mg (6.47%), Vitamin B12: 0.37µg (6.23%), Vitamin B1: 0.09mg (6.08%), Calcium: 56.96mg (5.7%), Vitamin E: 0.67mg (4.45%), Folate: 13.92µg (3.48%), Vitamin D: 0.39µg (2.6%), Vitamin K: 2.72µg (2.59%), Fiber: 0.58g (2.32%)