



Mini Chicken Alfredo Pot Pies

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 oz alfredo sauce
- ☐ 4 cups roasted chicken cooked chopped
- ☐ 8 oz garlic refrigerated pillsbury® canned (8 breadsticks)
- ☐ 0.5 cup milk
- ☐ 0.3 cup parmesan cheese grated
- ☐ 4 cups savory vegetable mixed fresh green frozen thawed drained well giant® (from two 12-oz bags)

Equipment

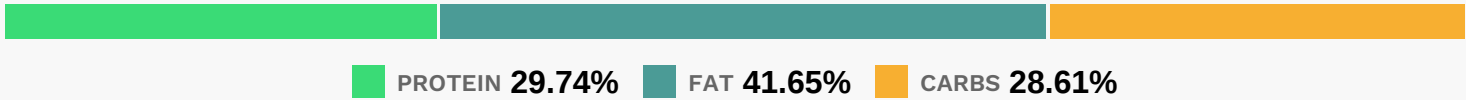
- ☐ baking sheet

- ☐ sauce pan
- ☐ oven
- ☐ ramekin
- ☐ aluminum foil

Directions

- ☐ Heat oven to 400°F.
- ☐ Place 8 (10-oz) ramekins or custard cups on large cookie sheet with sides. In 3-quart saucepan, heat chicken, thawed vegetables, pasta sauce and milk over medium heat, stirring occasionally, until thoroughly heated. Spoon mixture into ramekins.
- ☐ Sprinkle cheese on plate. Unroll dough. Separate 1 strip at a time; press both sides into cheese. Twist strip; arrange on mixture in ramekin in loose spiral shape, beginning at outside and coiling toward center. Repeat with remaining strips of dough and cheese.
- ☐ Sprinkle any remaining cheese over dough.
- ☐ Bake 15 minutes. Cover ramekins loosely with sheet of foil; bake about 12 minutes longer or until filling is hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:6.78, Inflammation Score:-10, Nutrition Score:18.663913172224%

Flavonoids

Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 341.75kcal (17.09%), Fat: 15.92g (24.49%), Saturated Fat: 6.8g (42.49%), Carbohydrates: 24.6g (8.2%), Net Carbohydrates: 20.37g (7.41%), Sugar: 1.93g (2.14%), Cholesterol: 94.24mg (31.41%), Sodium: 541.65mg (23.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.58g (51.16%), Vitamin A: 4703.97IU (94.08%), Vitamin B6: 0.74mg (36.89%), Manganese: 0.71mg (35.56%), Vitamin B3: 6.87mg (34.36%), Selenium: 22.99µg (32.85%), Phosphorus: 266.68mg (26.67%), Vitamin C: 18.31mg (22.19%), Fiber: 4.24g (16.94%), Vitamin B1: 0.22mg (14.7%),

Vitamin B2: 0.24mg (14.31%), Potassium: 495.53mg (14.16%), Zinc: 2mg (13.33%), Calcium: 128.85mg (12.88%), Iron: 2.21mg (12.26%), Magnesium: 46.55mg (11.64%), Vitamin B5: 1.06mg (10.65%), Copper: 0.21mg (10.53%), Folate: 30.93µg (7.73%), Vitamin B12: 0.33µg (5.46%), Vitamin D: 0.18µg (1.22%)