



Mini Chicken Pot Pies

READY IN



40 min.

SERVINGS



10

CALORIES



317 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounce biscuits refrigerated
- ☐ 10.8 ounce campbell's® condensed cream of chicken soup fat free 98% canned Regular or
- ☐ 1.5 cups meat from a rotisserie chicken cubed cooked
- ☐ 10 servings flour all-purpose
- ☐ 16 ounce vegetables mixed frozen thawed
- ☐ 0.5 cup cheddar cheese shredded

Equipment

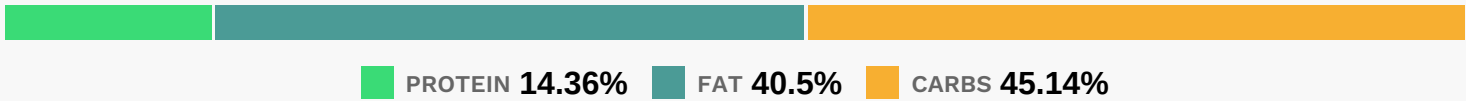
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ pot

Directions

- ☐ Heat the oven to 350 degrees F. Spray 10 (2 1/2-inch) muffin-pan cups with the cooking spray. Stir the chicken, soup and vegetables in a medium bowl.
- ☐ Sprinkle the flour on the work surface.
- ☐ Roll or pat the biscuits to flatten slightly. Press the biscuits into the bottoms and up the sides of the muffin-pan cups. Spoon about 1/3 cup chicken mixture into each biscuit cup. Lightly press the chicken mixture down so it's level. Top each with about 2 teaspoons cheese.
- ☐ Bake for 15 minutes or until the biscuits are golden brown and the cheese is melted.
- ☐ Let the pot pies cool in the pan on a wire rack for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:25.4, Glycemic Load:20.65, Inflammation Score:-9, Nutrition Score:10.860000101768%

Nutrients (% of daily need)

Calories: 316.74kcal (15.84%), Fat: 14.29g (21.99%), Saturated Fat: 4.79g (29.96%), Carbohydrates: 35.85g (11.95%), Net Carbohydrates: 33.39g (12.14%), Sugar: 7.55g (8.39%), Cholesterol: 23.84mg (7.95%), Sodium: 408.2mg (17.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.41g (22.81%), Vitamin A: 2453.29IU (49.07%), Vitamin B3: 3.9mg (19.52%), Selenium: 12.18µg (17.4%), Vitamin B1: 0.25mg (16.86%), Manganese: 0.33mg (16.61%), Vitamin B2: 0.25mg (14.84%), Folate: 57.28µg (14.32%), Phosphorus: 132.96mg (13.3%), Iron: 2.38mg (13.22%), Fiber: 2.46g (9.84%), Vitamin B6: 0.16mg (8.05%), Vitamin E: 1.04mg (6.94%), Zinc: 1.04mg (6.92%), Copper: 0.14mg (6.82%), Calcium: 63.62mg (6.36%), Magnesium: 24.45mg (6.11%), Potassium: 201.5mg (5.76%), Vitamin C: 4.75mg (5.75%), Vitamin B5: 0.5mg (4.95%), Vitamin K: 5.15µg (4.9%), Vitamin B12: 0.12µg (2.01%)