



Nacho Pot Pie

READY IN



50 min.

SERVINGS



8

CALORIES



701 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter
- 15 oz black beans rinsed drained progresso® canned
- 2 medium carrots cut into 1/4-inch slices
- 3 cups chicken broth progresso® (from 32-oz carton)
- 12 oz regular corn fresh green frozen thawed giant® steamers® niblets®
- 0.5 cup flour all-purpose
- 3 cloves garlic finely chopped
- 0.8 teaspoon pepper freshly ground
- 2 cups rotisserie chicken cut shredded (from 2-lb chicken)

- 0.5 teaspoon salt
- 0.5 cup shallots finely chopped
- 4 oz cheddar cheese shredded
- 2 tablespoons taco seasoning old el paso® (from 1-oz package)
- 4 cups tortilla chips crushed
- 0.3 cup whipping cream

Equipment

- sauce pan
- oven
- whisk
- baking pan
- dutch oven

Directions

- Heat oven to 375°F. In 4-quart saucepan, heat broth over medium-high heat.
- Remove from heat; cover to keep warm.
- In Dutch oven, melt butter with 2 tablespoons of the warm broth over medium-high heat.
- Add carrots, shallots, garlic, taco seasoning, pepper and salt. Cook 5 minutes, stirring occasionally, until carrots are tender. Gradually add flour, stirring with whisk. Cook 1 to 2 minutes, stirring constantly. Stir in whipping cream and remaining warm broth.
- Heat to boiling; add chicken, beans and corn. Reduce heat; simmer uncovered 5 minutes, stirring occasionally, until slightly thickened.
- Spoon mixture into ungreased 11x7-inch (2-quart) baking dish. Top with crushed tortilla chips.
- Sprinkle with cheese.
- Bake uncovered 20 to 25 minutes or until golden brown.

Nutrition Facts

 PROTEIN 17.02%  FAT 44.98%  CARBS 38%

Properties

Glycemic Index:33.67, Glycemic Load:9.91, Inflammation Score:-10, Nutrition Score:17.828260732734%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 701.41kcal (35.07%), Fat: 36g (55.38%), Saturated Fat: 9.55g (59.67%), Carbohydrates: 68.44g (22.81%), Net Carbohydrates: 59.35g (21.58%), Sugar: 5.2g (5.77%), Cholesterol: 80.41mg (26.8%), Sodium: 1355.61mg (58.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.65g (61.29%), Vitamin A: 3435.7IU (68.71%), Fiber: 9.09g (36.37%), Phosphorus: 317.38mg (31.74%), Magnesium: 90.59mg (22.65%), Calcium: 201.56mg (20.16%), Vitamin B1: 0.3mg (20.12%), Manganese: 0.4mg (20%), Folate: 73.67µg (18.42%), Vitamin E: 2.76mg (18.41%), Vitamin B2: 0.3mg (17.44%), Iron: 2.89mg (16.08%), Potassium: 515.59mg (14.73%), Vitamin B6: 0.29mg (14.69%), Vitamin K: 15.26µg (14.53%), Zinc: 2.02mg (13.44%), Vitamin B5: 1.32mg (13.18%), Selenium: 9.02µg (12.88%), Vitamin B3: 2.39mg (11.98%), Copper: 0.23mg (11.67%), Vitamin C: 6.56mg (7.95%), Vitamin B12: 0.22µg (3.63%), Vitamin D: 0.19µg (1.27%)