



Quick Chicken Pie

READY IN



45 min.

SERVINGS



6

CALORIES



222 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup baking mix
- 10 ounces cream of chicken soup undiluted canned
- 1 cup roasted chicken cubed cooked
- 1 eggs lightly beaten
- 1.7 cups savory vegetable mixed frozen thawed
- 0.5 cup milk

Equipment

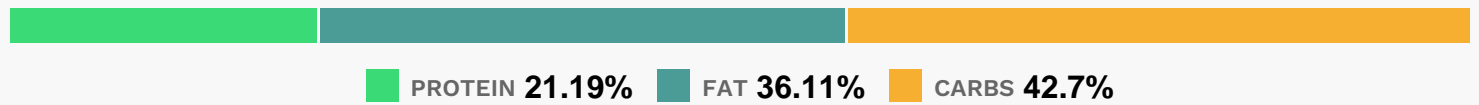
- bowl

oven

Directions

- In a large bowl, combine the vegetables, soup and chicken.
- Transfer to an ungreased 9-in. pie plate. In another bowl, combine egg, milk and biscuit mix just until moistened.
- Pour over chicken mixture.
- Bake at 400° for 30–35 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:3.97, Inflammation Score:-9, Nutrition Score:11.255217448525%

Nutrients (% of daily need)

Calories: 222.13kcal (11.11%), Fat: 8.96g (13.79%), Saturated Fat: 2.67g (16.72%), Carbohydrates: 23.85g (7.95%), Net Carbohydrates: 21.41g (7.78%), Sugar: 3.59g (3.99%), Cholesterol: 51.4mg (17.13%), Sodium: 646.29mg (28.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.83g (23.67%), Vitamin A: 2736.11IU (54.72%), Phosphorus: 241.33mg (24.13%), Vitamin B3: 3.59mg (17.96%), Selenium: 10.98µg (15.68%), Vitamin B2: 0.25mg (14.59%), Vitamin B1: 0.21mg (14.11%), Manganese: 0.23mg (11.52%), Folate: 45.22µg (11.3%), Iron: 1.95mg (10.81%), Fiber: 2.44g (9.77%), Vitamin B6: 0.18mg (9.21%), Calcium: 86.97mg (8.7%), Copper: 0.16mg (7.85%), Vitamin B5: 0.76mg (7.65%), Potassium: 256.98mg (7.34%), Magnesium: 27.24mg (6.81%), Zinc: 1.02mg (6.78%), Vitamin C: 5.36mg (6.5%), Vitamin B12: 0.32µg (5.35%), Vitamin K: 3.32µg (3.16%), Vitamin D: 0.37µg (2.47%), Vitamin E: 0.37mg (2.46%)