



Quick Chicken Pot Pie



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



172 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz broccoli frozen
- ☐ 1.5 cups roasted chicken cubed cooked
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.5 teaspoon salt
- ☐ 14.8 oz corn cream-style canned
- ☐ 2 tablespoons butter melted
- ☐ 1 eggs
- ☐ 1 cup frangelico

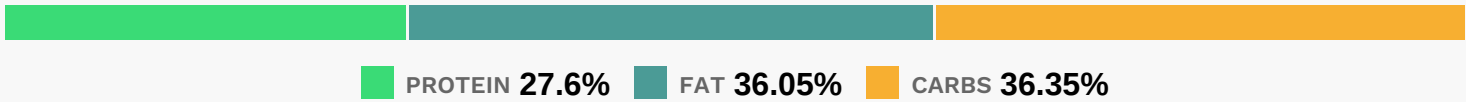
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 400°F. Cook frozen vegetables as directed on bag.
- ☐ In large bowl, mix chicken, thyme leaves, salt and 3/4 cup of the corn. Stir in the hot vegetables.
- ☐ Pour into ungreased 9 1/2-inch glass deep-dish pie plate.
- ☐ In small bowl, stir Bisquick mix, melted butter, egg and remaining corn until blended; spread over chicken mixture in pie plate.
- ☐ Bake 23 to 28 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.74, Inflammation Score:-7, Nutrition Score:13.606956471568%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 172.11kcal (8.61%), Fat: 7.28g (11.2%), Saturated Fat: 1.75g (10.96%), Carbohydrates: 16.51g (5.5%), Net Carbohydrates: 14.18g (5.16%), Sugar: 3.24g (3.6%), Cholesterol: 53.53mg (17.84%), Sodium: 475.08mg (20.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.54g (25.08%), Vitamin C: 53.71mg (65.1%), Vitamin K: 57.85µg (55.1%), Vitamin B3: 3.8mg (19%), Selenium: 12.56µg (17.94%), Folate: 71.01µg (17.75%), Phosphorus: 155.93mg (15.59%), Vitamin B6: 0.3mg (15%), Vitamin A: 633.6IU (12.67%), Vitamin B2: 0.19mg (11.22%), Potassium: 365.84mg (10.45%), Fiber: 2.33g (9.34%), Vitamin B5: 0.91mg (9.08%), Manganese: 0.18mg (8.89%), Zinc: 1.23mg (8.21%), Magnesium: 32.4mg (8.1%), Iron: 1.26mg (7.01%), Vitamin B1: 0.08mg (5.48%), Vitamin E: 0.71mg (4.75%), Copper: 0.09mg (4.52%), Calcium: 39.24mg (3.92%), Vitamin B12: 0.17µg (2.86%)