



Quick Chicken Pot Pies for Two

 Dairy Free

READY IN



35 min.

SERVINGS



2

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup roasted chicken diced cooked
- ☐ 18.6 oz cream of chicken soup hearty pie style canned
- ☐ 2 biscuits frozen buttermilk or southern style
- ☐ 0.8 cup savory vegetable mixed frozen

Equipment

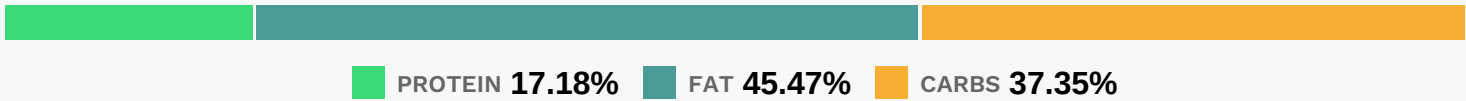
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ ramekin
- ☐ microwave

Directions

- ☐ Heat oven to 375F. Spray 2 ovenproof baking dishes (about 5 inches in diameter) or 2 (15-oz) ramekins with cooking spray.
- ☐ In medium microwavable bowl, microwave soup, frozen vegetables, chicken and pepper uncovered on High 5 to 6 minutes or until warm. Divide soup mixture evenly between baking dishes. Top each with 1 frozen biscuit.
- ☐ Place baking dishes on cookie sheet with sides.
- ☐ Bake 25 to 30 minutes or until biscuits are golden brown.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:92.5, Glycemic Load:19.34, Inflammation Score:-10, Nutrition Score:17.143912864768%

Nutrients (% of daily need)

Calories: 438.59kcal (21.93%), Fat: 22.35g (34.39%), Saturated Fat: 5.85g (36.56%), Carbohydrates: 41.32g (13.77%), Net Carbohydrates: 38.17g (13.88%), Sugar: 2.36g (2.63%), Cholesterol: 47.61mg (15.87%), Sodium: 2163.54mg (94.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19g (38%), Vitamin A: 3961.84IU (79.24%), Phosphorus: 305.69mg (30.57%), Vitamin B3: 5.55mg (27.77%), Selenium: 18.98µg (27.12%), Iron: 4.78mg (26.57%), Manganese: 0.49mg (24.47%), Copper: 0.45mg (22.33%), Vitamin B2: 0.31mg (18.24%), Vitamin B1: 0.25mg (16.99%), Fiber: 3.14g (12.58%), Potassium: 417.83mg (11.94%), Vitamin E: 1.78mg (11.88%), Vitamin K: 12.33µg (11.74%), Zinc: 1.74mg (11.58%), Folate: 45.76µg (11.44%), Vitamin B6: 0.22mg (11.12%), Vitamin B5: 1.04mg (10.42%), Magnesium: 39.29mg (9.82%), Vitamin C: 7.36mg (8.92%), Calcium: 72.51mg (7.25%), Vitamin B12: 0.14µg (2.32%)