



Reduced-Fat Chicken Pot Pie

READY IN



50 min.

SERVINGS



6

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup roasted chicken cooked
- 12 oz savory vegetable mixed frozen thawed
- 10.8 oz cream of chicken soup fat-free 98% canned
- 0.5 cup skim milk fat-free (skim)
- 1 cup baking mix bisquick heart smart®
- 0.5 cup skim milk fat-free (skim)
- 1 eggs

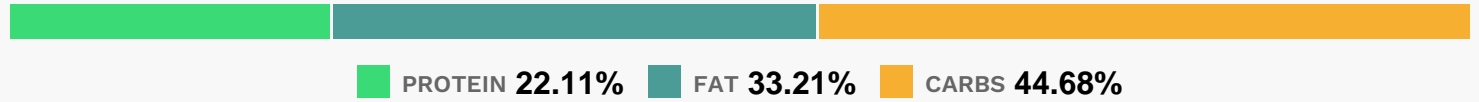
Equipment

- bowl
- oven
- microwave

Directions

- Heat oven to 400°F. In ungreased 2-quart casserole, mix chicken, vegetables, soup and 1/2 cup milk. Microwave on High 4 minutes; stir.
- In small bowl, stir Bisquick® mix, 1/2 cup milk and the egg with fork until blended.
- Pour over vegetable mixture.
- Bake uncovered about 30 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:4.64, Inflammation Score:-9, Nutrition Score:12.607825984126%

Nutrients (% of daily need)

Calories: 230.94kcal (11.55%), Fat: 8.58g (13.2%), Saturated Fat: 2.38g (4.89%), Carbohydrates: 25.98g (8.66%), Net Carbohydrates: 23.29g (8.47%), Sugar: 4.69g (5.21%), Cholesterol: 50.47mg (16.82%), Sodium: 683.07mg (29.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.86g (25.71%), Vitamin A: 3104.89IU (62.1%), Phosphorus: 269.21mg (26.92%), Vitamin B3: 3.71mg (18.55%), Vitamin B2: 0.28mg (16.49%), Selenium: 11.5µg (16.43%), Vitamin B1: 0.23mg (15.4%), Manganese: 0.25mg (12.41%), Folate: 47.89µg (11.97%), Calcium: 117.89mg (11.79%), Iron: 2.04mg (11.34%), Fiber: 2.69g (10.75%), Vitamin B6: 0.2mg (10.07%), Potassium: 309.44mg (8.84%), Vitamin B5: 0.85mg (8.52%), Copper: 0.17mg (8.4%), Magnesium: 31.32mg (7.83%), Zinc: 1.16mg (7.7%), Vitamin B12: 0.45µg (7.46%), Vitamin C: 6.01mg (7.28%), Vitamin D: 0.6µg (3.97%), Vitamin K: 3.4µg (3.24%), Vitamin E: 0.38mg (2.52%)