



Stovetop Chicken Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup peas frozen thawed
- 8 biscuits frozen
- 1 tablespoon canola oil
- 4 cups roasted chicken cooked chopped
- 10.8 oz cream of mushroom soup reduced-fat canned
- 0.5 cup wine dry white
- 8 oz mushrooms fresh sliced
- 8 oz mushrooms fresh sliced

- 1 cup chicken broth low-sodium
- 0.7 oz salad dressing italian (2 tsp.)
- 1 small onion diced sweet

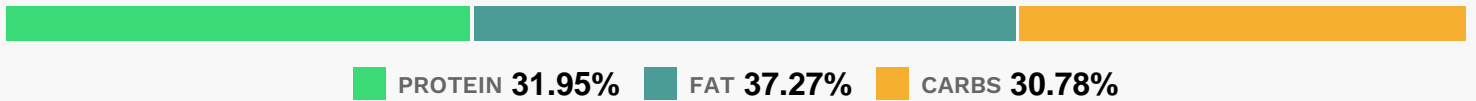
Equipment

- frying pan
- oven

Directions

- Bake biscuits according to package directions.
- Meanwhile, saut onion in hot oil in a large skillet over medium-high heat 5 minutes or until golden.
- Add mushrooms, and saut 5 minutes or until tender. Stir in chicken and next 5 ingredients; cook, stirring frequently, 5 minutes or until cheese is melted and mixture is thoroughly heated. Stir in peas, and cook 2 minutes. Spoon chicken mixture over hot split biscuits.

Nutrition Facts



Properties

Glycemic Index:23.54, Glycemic Load:9.45, Inflammation Score:-5, Nutrition Score:16.090434782609%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 317.53kcal (15.88%), Fat: 12.76g (19.63%), Saturated Fat: 2.69g (16.83%), Carbohydrates: 23.7g (7.9%), Net Carbohydrates: 21.3g (7.75%), Sugar: 5.62g (6.24%), Cholesterol: 54.67mg (18.22%), Sodium: 618.21mg (26.88%), Alcohol: 1.55g (8.58%), Protein: 24.61g (49.22%), Vitamin B3: 9.67mg (48.34%), Selenium: 28.17µg (40.24%), Phosphorus: 352.98mg (35.3%), Vitamin B2: 0.48mg (27.99%), Vitamin B6: 0.47mg (23.52%), Copper: 0.39mg (19.5%), Manganese: 0.38mg (19.14%), Vitamin B1: 0.28mg (18.58%), Vitamin B5: 1.75mg (17.49%), Potassium: 580.65mg (16.59%), Iron: 2.77mg (15.39%), Zinc: 2.24mg (14.9%), Folate: 56.15µg (14.04%), Vitamin C: 10.44mg (12.65%), Magnesium: 38.68mg (9.67%), Fiber: 2.4g (9.6%), Vitamin K: 8.42µg (8.02%), Vitamin B12: 0.35µg (5.9%), Vitamin E: 0.75mg (5.03%), Calcium: 40.51mg (4.05%), Vitamin A: 169.2IU (3.38%)