



## Ultimate Chicken Pot Pie

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb savory vegetable mixed frozen
- 1 cup roasted chicken cooked
- 12 oz campbell's chicken gravy
- 8 oz cheddar cheese shredded
- 0.3 cup milk
- 0.3 teaspoon thyme leaves dried
- 2 eggs
- 1 cup frangelico

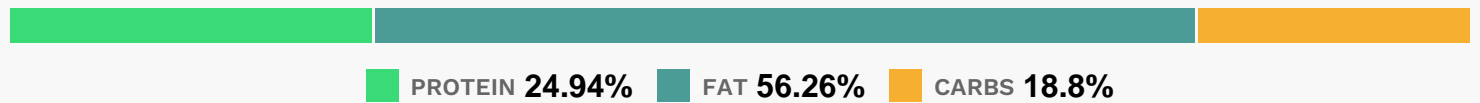
## Equipment

- bowl
- sauce pan
- oven

## Directions

- Heat oven to 375°F. In 2-quart saucepan, heat vegetables, chicken and gravy to boiling, stirring frequently.
- In medium bowl, stir remaining ingredients until well blended. In ungreased 2-quart casserole, spread chicken mixture.
- Pour batter over chicken mixture.
- Bake uncovered 35 to 40 minutes or until crust is golden brown.
- Let stand 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:25.83, Glycemic Load:3.65, Inflammation Score:-10, Nutrition Score:15.208260782387%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

## Nutrients (% of daily need)

Calories: 307.28kcal (15.36%), Fat: 19.39g (29.84%), Saturated Fat: 9.36g (58.52%), Carbohydrates: 14.58g (4.86%), Net Carbohydrates: 11.54g (4.2%), Sugar: 1.63g (1.81%), Cholesterol: 115.62mg (38.54%), Sodium: 574.98mg (25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.35g (38.69%), Vitamin A: 4519.06IU (90.38%), Calcium: 310mg (31%), Selenium: 21.44µg (30.62%), Phosphorus: 301.92mg (30.19%), Vitamin B2: 0.35mg (20.39%), Zinc: 2.31mg (15.43%), Vitamin B3: 2.83mg (14.14%), Fiber: 3.04g (12.14%), Vitamin B6: 0.23mg (11.29%), Vitamin B12: 0.65µg (10.9%), Manganese: 0.2mg (9.91%), Vitamin C: 8mg (9.69%), Folate: 37.96µg (9.49%), Magnesium: 36.36mg (9.09%), Vitamin B1: 0.13mg (8.62%), Potassium: 278.81mg (7.97%), Vitamin B5: 0.77mg (7.69%), Iron: 1.33mg (7.4%), Copper: 0.11mg (5.36%), Vitamin D: 0.63µg (4.21%), Vitamin E: 0.44mg (2.95%)