

Mini Chicken Pot Pies

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Servings: 2

Yield: 10 mini pot pies

vegetable cooking spray

1 1/2 cups cooked chicken, cubed

1 can (10-3/4 ounce) condensed

cream of chicken soup

8 ounces (1-1/2 cups) frozen mixed

vegetables

all-purpose flour

1 package (12 ounce) refrigerated

biscuits (10 biscuits)

1/2 cup Cheddar cheese, shredded

Preparation Time: 20 minutes

Bake: 10 minutes

Preheat the oven to 350 degrees.

Spray ten 2-1/2-inch muffin cups with the cooking spray.

In a medium bowl, stir the chicken, soup and vegetables.

Sprinkle the flour on a work surface. Roll or pat the biscuits to flatten slightly. Press the biscuits into the bottoms and up the sides of the muffin-pan cups. Spoon about 1/2 cup of the chicken mixture into each biscuit cup. Lightly press the chicken mixture down so it's level. Top each with about two teaspoons of cheese.

Bake for 15 minutes or until the biscuits are golden brown and the cheese is melted. Let the pot pies cool in the pan on a wire rack for 5 minutes.

Per Serving (excluding unknown items): 762 Calories; 18g Fat (19.9% calories from fat); 64g Protein; 98g Carbohydrate; 29g Dietary Fiber; 119mg Cholesterol; 599mg Sodium. Exchanges: 5 1/2 Lean Meat; 19 Vegetable; 1 Fat.

Chicken

Per Serving Nutritional Analysis

| | | | |
|-----------------------------|-------|---------------------------|-------|
| Calories (kcal): | 762 | Vitamin B6 (mg): | 1.3mg |
| % Calories from Fat: | 19.9% | Vitamin B12 (mcg): | .6mcg |

% Calories from Carbohydrates: 48.6%
% Calories from Protein: 31.5%
Total Fat (g): 18g
Saturated Fat (g): 8g
Monounsaturated Fat (g): 4g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 119mg
Carbohydrate (g): 98g
Dietary Fiber (g): 29g
Protein (g): 64g
Sodium (mg): 599mg
Potassium (mg): 1831mg
Calcium (mg): 402mg
Iron (mg): 8mg
Zinc (mg): 5mg
Vitamin C (mg): 22mg
Vitamin A (i.u.): 37299IU
Vitamin A (r.e.): 3798RE

Thiamin B1 (mg): 1.0mg
Riboflavin B2 (mg): .8mg
Folacin (mcg): 220mcg
Niacin (mg): 22mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0.0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 5 1/2
Vegetable: 19
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 2

Amount Per Serving

Calories 762 **Calories from Fat:** 152

% Daily Values*

| | |
|--------------------------------|------|
| Total Fat 18g | 28% |
| Saturated Fat 8g | 40% |
| Cholesterol 119mg | 40% |
| Sodium 599mg | 25% |
| Total Carbohydrates 98g | 33% |
| Dietary Fiber 29g | 116% |
| Protein 64g | |
| <hr/> | |
| Vitamin A | 746% |
| Vitamin C | 36% |
| Calcium | 40% |
| Iron | 45% |

* Percent Daily Values are based on a 2000 calorie diet.