

Cornbread Chicken Pot Pie

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Servings: 4

1 can (10-3/4 ounces) condensed cream of chicken soup
1 can (8 ounces) whole kernel corn, drained
2 cups cooked chicken or turkey, cubed
1 package (8 ounce) corn muffin mix
3/4 cup milk
1 egg
1/2 cup Cheddar cheese, shredded

Preparation Time: 15 minutes

Preheat the oven to 400 degrees.

In a nine-inch pie plate, stir the soup, corn and chicken.

In a medium bowl, stir the muffin mix, milk and egg just until combined. Spread the batter over the chicken mixture.

Bake for 30 minutes or until the topping is golden brown.

Sprinkle with the cheese.

Start to Finish Time: 45 minutes

Don't over mix the cornbread batter. Stir just enough to combine the wet ingredients with the dry. Most lumps will disappear during baking.

Per Serving (excluding unknown items): 280 Calories; 15g Fat (47.0% calories from fat); 10g Protein; 27g Carbohydrate; 2g Dietary Fiber; 79mg Cholesterol; 935mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat; 1 1/2 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	280	Vitamin B6 (mg):	.1mg
% Calories from Fat:	47.0%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	38.2%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	14.8%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	15g	Folacin (mcg):	15mcg
Saturated Fat (g):	6g	Niacin (mg):	1mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	79mg	% Daily Value:	0%
	27g		

Food Exchanges

Carbohydrate (g):
Dietary Fiber (g): 2g
Protein (g): 10g
Sodium (mg): 935mg
Potassium (mg): 176mg
Calcium (mg): 196mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): trace
Vitamin A (i.u.): 581IU
Vitamin A (r.e.): 111 1/2RE

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 280 **Calories from Fat:** 132

% Daily Values*

Total Fat	15g	22%
Saturated Fat	6g	31%
Cholesterol	79mg	26%
Sodium	935mg	39%
Total Carbohydrates	27g	9%
Dietary Fiber	2g	8%
Protein	10g	

Vitamin A	12%
Vitamin C	1%
Calcium	20%
Iron	8%

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