

# Easy Chicken Potpie II

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## Servings: 4

1 can (10-3/4 ounce) Campbell's cream of chicken soup

1 cup milk

1 package (12 ounce) Green Giant Valley Fresh Steamers garden vegetable medley, thawed (about

2-1/4 cups)

1 cup cooked chicken or turkey, cubed

1 egg

1 cup Bisquick baking mix

## Preparation Time: 10 minutes

## Cook Time: 30 minutes

Preheat the oven to 400 degrees.

In a 9-inch pie plate, stir the soup, 1/2 cup of milk, vegetables and chicken.

In a small bowl, stir the remaining milk, egg and baking mix. Spread the batter over the chicken mixture.

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

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Per Serving (excluding unknown items): 56 Calories; 3g Fat (53.1% calories from fat); 4g Protein; 3g Carbohydrate; 0g Dietary Fiber; 61mg Cholesterol; 47mg Sodium. Exchanges: 0 Lean Meat; 0 Non-Fat Milk; 1/2 Fat.

Chicken

## Per Serving Nutritional Analysis

Calories (kcal):	56	Vitamin B6 (mg):	trace
% Calories from Fat:	53.1%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	21.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	25.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	3g	Folacin (mcg):	9mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	61mg	% Refuse:	n n%
Carbohydrate (g):	3g	<b>Food Exchanges</b>	
Dietary Fiber (g):	0g	Grain (Starch):	0

**Protein (g):** 4g  
**Sodium (mg):** 47mg  
**Potassium (mg):** 109mg  
**Calcium (mg):** 79mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 138IU  
**Vitamin A (r.e.):** 40 1/2RE

**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1/2  
**Other Carbohydrates:** 0

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## Nutrition Facts

Servings per Recipe: 4

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### Amount Per Serving

**Calories** 56 Calories from Fat: 30

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#### % Daily Values\*

<b>Total Fat</b>	3g	5%
	Saturated Fat 2g	8%
<b>Cholesterol</b>	61mg	20%
<b>Sodium</b>	47mg	2%
<b>Total Carbohydrates</b>	3g	1%
	Dietary Fiber 0g	0%
<b>Protein</b>	4g	

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<b>Vitamin A</b>	3%
<b>Vitamin C</b>	1%
<b>Calcium</b>	8%
<b>Iron</b>	1%

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