

Soda Cracker Pie*

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-chicken-green-beans-potato-italian-dressing-bake>

Ingredients:

- 1/2 cup vegetable oil for frying
- 1 cup milk
- 1 egg
- 7 5/8 ounces potatoes instant garlic flavor
- 2 teaspoons salt
- 1 teaspoon pepper
- 1 1/2 pounds chicken tenders
- broccoli florets
- cauliflower florets
- green beans with the ends trimmed
- red pepper cut into strips
- Italian dressing
- Parmesan cheese shredded
- 3 egg whites
- 1 cup sugar
- 1/2 teaspoon baking powder
- 20 soda crackers finely crushed
- 2 teaspoons vanilla
- 1 cup pecans or nuts, chopped

Nutrition:

1. Calories: 1110 calories
2. Carbohydrate: 83 grams
3. Cholesterol: 170 milligrams
4. Fat: 66 grams
5. Fiber: 6 grams
6. Protein: 51 grams
7. SaturatedFat: 8 grams

8. Sodium: 1910 milligrams
 9. Sugar: 58 grams
 10. TransFat: 1 grams
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