



30-Mile Pot Pie

READY IN



70 min.

SERVINGS



6

CALORIES



669 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 0.3 teaspoon pepper white black
- 1 stick butter
- 2.3 cups carrots diced
- 1.8 cups celery diced
- 6.5 cups hearty' chicken stock
- 2 egg whites
- 1 cup flour all-purpose
- 0.8 cup heavy whipping cream warmed

- 0.5 pound mushrooms quartered
- 2.5 cups onions diced
- 6 servings pie dough store-bought
- 1 teaspoon salt
- 36 ounce chicken breasts diced boneless skinless

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- pot
- casserole dish
- wooden spoon
- slotted spoon

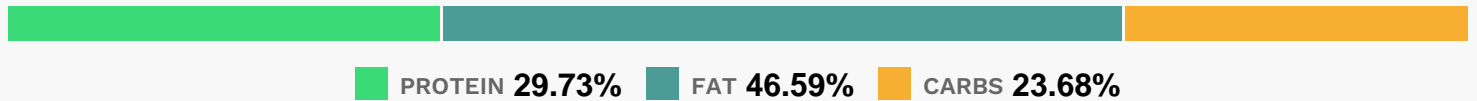
Directions

- Preheat oven to 375 degrees F.
- In a medium saucepan, bring stock or broth to a simmer.
- Add chicken and poach until just cooked through. With a spider or slotted spoon, remove chicken and set aside. Set stock aside for later use.
- In a 10-quart saucepot, melt butter over medium heat and then add onions, carrots, and celery and saute for a couple of minutes.
- Add mushrooms and continue to cook until onions are about transparent, being careful not to brown.
- Add flour and gently mix well. Cook this mixture over low heat for 6 to 8 minutes, stirring occasionally and gently so as not to break up the vegetables. Scrape the bottom of the pan often with a wooden spoon so that the roux doesn't burn. Increase the heat and add the chicken stock in 3 additions, whisking well after each so that no lumps appear and returning

to a brief simmer each time.

- Add bay leaf, salt, and pepper, and cook over low heat for about 10 more minutes.
- Add poached chicken and warm heavy cream, and stir well. Spoon equal portions into 6 individual (16-ounce) ovenproof casserole dishes or bowls. Top with your favorite pie dough or puff pastry.
- In a small bowl, whisk together 2 egg whites with a little water.
- Brush dough with egg wash.
- Place casseroles on a sheet pan and bake until golden brown on top.
- Remove from the oven and let cool for 5 to 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:53.14, Glycemic Load:15.05, Inflammation Score:-10, Nutrition Score:34.201304352802%

Flavonoids

Apigenin: 0.85mg, Apigenin: 0.85mg, Apigenin: 0.85mg, Apigenin: 0.85mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 13.75mg, Quercetin: 13.75mg, Quercetin: 13.75mg, Quercetin: 13.75mg

Nutrients (% of daily need)

Calories: 669.32kcal (33.47%), Fat: 34.5g (53.08%), Saturated Fat: 18.53g (115.79%), Carbohydrates: 39.46g (13.15%), Net Carbohydrates: 35.53g (12.92%), Sugar: 11.37g (12.63%), Cholesterol: 190.77mg (63.59%), Sodium: 1166.58mg (50.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.54g (99.09%), Vitamin A: 9120.32IU (182.41%), Vitamin B3: 25.17mg (125.83%), Selenium: 74.56µg (106.51%), Vitamin B6: 1.66mg (83.06%), Phosphorus: 549.66mg (54.97%), Vitamin B2: 0.82mg (48.11%), Potassium: 1422.3mg (40.64%), Vitamin B5: 3.48mg (34.82%), Vitamin B1: 0.47mg (31.59%), Folate: 99.72µg (24.93%), Magnesium: 82.1mg (20.53%), Copper: 0.4mg (20.11%), Manganese: 0.38mg (19.13%), Vitamin K: 18.59µg (17.7%), Fiber: 3.93g (15.72%), Iron: 2.76mg (15.35%), Vitamin C: 12.24mg (14.83%), Zinc: 2.06mg (13.73%), Vitamin E: 1.54mg (10.29%), Calcium: 89.08mg (8.91%), Vitamin B12: 0.44µg (7.4%), Vitamin D: 0.72µg (4.81%)