



 **39%**
HEALTH SCORE

4 Ingredient Chicken Pot Pie

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



861 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounces pie crust dough refrigerated (2 crusts)
- 10.5 ounces campbell's chicken gravy canned
- 3 cups savory vegetable cooked
- 3 cups savory vegetable cooked
- 9 chicken breast white chunk drained canned

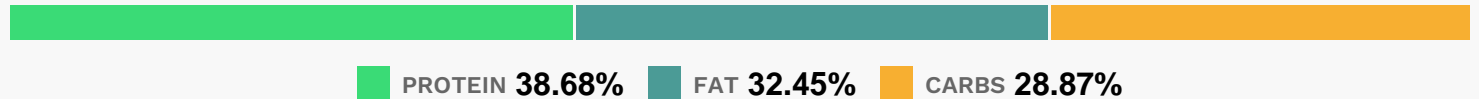
Equipment

- bowl
- oven

Directions

- Let the pie crusts stand at room temperature for 15 minutes or until they're easy to handle.
- Place 1 pie crust into a 9-inch pie plate.
- Stir the gravy, vegetables and chicken in a medium bowl. Spoon the chicken mixture into the pie plate.
- Place the remaining pie crust over the filling. Press the edges to seal.
- Cut several slits in the top crust.
- Bake at 400F. for 45 minutes or until the crust is golden brown.
- Use a combination of sliced carrots, peas and cubed potatoes.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:7.75, Inflammation Score:-10, Nutrition Score:40.603043478261%

Nutrients (% of daily need)

Calories: 860.57kcal (43.03%), Fat: 30.72g (47.27%), Saturated Fat: 8.72g (54.53%), Carbohydrates: 61.48g (20.49%), Net Carbohydrates: 52.42g (19.06%), Sugar: 0.84g (0.93%), Cholesterol: 220.93mg (73.64%), Sodium: 987.44mg (42.93%), Protein: 82.4g (164.79%), Vitamin B3: 39.55mg (197.75%), Vitamin A: 9512.55IU (190.25%), Selenium: 113.25µg (161.78%), Vitamin B6: 2.75mg (137.46%), Phosphorus: 870.31mg (87.03%), Vitamin B5: 5.41mg (54.14%), Potassium: 1708.89mg (48.83%), Vitamin B1: 0.63mg (42.26%), Manganese: 0.81mg (40.41%), Fiber: 9.05g (36.21%), Vitamin B2: 0.61mg (36.13%), Magnesium: 142.45mg (35.61%), Folate: 115.95µg (28.99%), Vitamin C: 23mg (27.87%), Iron: 4.83mg (26.81%), Zinc: 3.1mg (20.69%), Copper: 0.31mg (15.7%), Vitamin B12: 0.68µg (11.3%), Calcium: 75.92mg (7.59%), Vitamin E: 0.97mg (6.47%), Vitamin K: 5.85µg (5.57%), Vitamin D: 0.34µg (2.26%)