



Alfredo Chicken Pot Puff Pies



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



741 kcal

Ingredients

- ☐ 16 oz alfredo sauce
- ☐ 1 tablespoon butter
- ☐ 2 cups roasted chicken cooked chopped
- ☐ 1 eggs
- ☐ 2 cup peas-carrots mix shopping list frozen
- ☐ 1 sheet puff pastry frozen thawed (from 17.3-oz package)
- ☐ 2 tablespoons shallots finely chopped
- ☐ 1 teaspoon thyme leaves dried

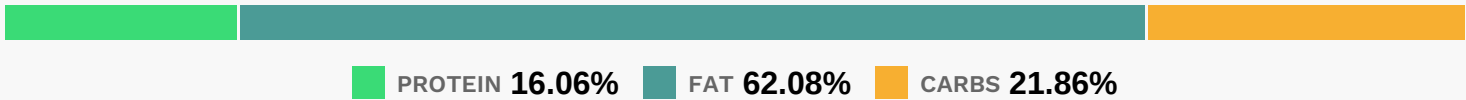
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ ramekin

Directions

- ☐ Heat oven to 400F. Lightly spray 4 (10-oz) custard cups or ramekins with cooking spray. On lightly floured surface, roll puff pastry to 13-inch square.
- ☐ Cut into 4 squares. Lightly press 1 square in bottom and up sides of each custard cup, letting corners hang over sides.
- ☐ In 10-inch skillet, melt butter over medium heat.
- ☐ Add shallots. Cook about 3 minutes, stirring occasionally, until shallots are softened.
- ☐ Add chicken, frozen peas and carrots, and Alfredo sauce. Cook 3 to 4 minutes longer, stirring occasionally, until peas are thawed and mixture is hot.
- ☐ Sprinkle with thyme leaves; stir well.
- ☐ Spoon mixture into pastry-lined custard cups. Fold corners over filling, pinching to almost close tops. In small bowl, beat egg with fork or wire whisk; brush pastry tops with egg.
- ☐ Bake 25 to 30 minutes or until pastry is deep golden brown.
- ☐ Let stand 5 minutes.
- ☐ Serve in cups, or remove to individual serving plates.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:15.18, Inflammation Score:-10, Nutrition Score:20.03130445273%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

Nutrients (% of daily need)

Calories: 740.6kcal (37.03%), Fat: 50.78g (78.12%), Saturated Fat: 17.46g (109.14%), Carbohydrates: 40.24g (13.41%), Net Carbohydrates: 36.72g (13.35%), Sugar: 2.7g (3%), Cholesterol: 167.81mg (55.94%), Sodium: 1071.73mg (46.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.56g (59.11%), Vitamin A: 6885.76IU (137.72%), Selenium: 36.32µg (51.88%), Vitamin B3: 9.09mg (45.43%), Vitamin B1: 0.43mg (28.54%), Manganese: 0.5mg (25.08%), Phosphorus: 239.26mg (23.93%), Vitamin B2: 0.39mg (22.82%), Folate: 83.61µg (20.9%), Vitamin B6: 0.41mg (20.43%), Iron: 3.52mg (19.54%), Fiber: 3.53g (14.12%), Zinc: 1.92mg (12.82%), Vitamin C: 9.05mg (10.97%), Potassium: 369.86mg (10.57%), Magnesium: 40.38mg (10.09%), Vitamin B5: 1.01mg (10.08%), Vitamin K: 9.93µg (9.46%), Copper: 0.19mg (9.36%), Vitamin B12: 0.3µg (5.07%), Calcium: 44.51mg (4.45%), Vitamin E: 0.56mg (3.71%), Vitamin D: 0.22µg (1.47%)