



Biscuit-Topped Chicken Potpie

READY IN



45 min.

SERVINGS



6

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 cups baking mix low-fat (such as Bisquick Heart Smart)
- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 1.5 tablespoons cornstarch
- 1 teaspoon dijon mustard
- 0.3 cup wine dry white
- 1 large egg whites lightly beaten
- 14 ounce fat-skimmed beef broth fat-free canned
- 0.5 cup skim milk fat-free

- 1.5 cups savory vegetable mixed frozen
- 0.7 cup half and half
- 2 cups leek chopped
- 1.5 cups potatoes diced refrigerated with onions (such as simply potatoes)
- 2 cups chicken breast strips/pre-cooked/chopped chopped
- 0.3 teaspoon salt
- 0.3 cup shallots chopped
- 2 tablespoons water
- 0.8 teaspoon thyme dried fresh chopped

Equipment

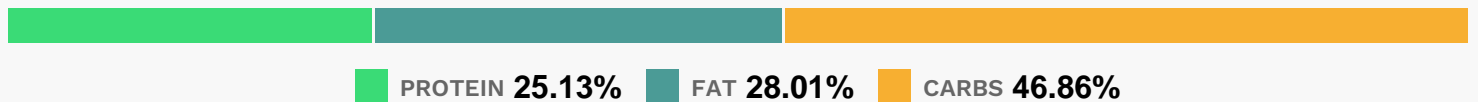
- bowl
- frying pan
- oven
- knife
- whisk
- baking pan
- measuring cup

Directions

- Preheat oven to 42
- Melt butter in a large nonstick skillet over medium-high heat.
- Add leek, shallot, and thyme; saut 2 minutes.
- Add potatoes; saut 2 minutes.
- Add wine; cook 1 minute or until liquid evaporates. Stir in mustard and broth; bring to a boil. Cook 4 minutes, stirring occasionally. Stir in chicken, mixed vegetables, salt, and pepper; cook 1 minute.
- Combine cornstarch and 2 tablespoons water in a small bowl, stirring with a whisk.

- Add cornstarch mixture and half-and-half to pan. Reduce heat, and simmer 2 minutes, stirring constantly. Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray.
- Lightly spoon baking mix into dry measuring cups; level with a knife.
- Combine baking mix, milk, and egg in a medium bowl, stirring with a whisk. Spoon batter over chicken mixture; spread evenly to cover.
- Bake at 425 for 20 minutes or until topping is golden and filling is bubbly.
- Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:58.83, Glycemic Load:10.63, Inflammation Score:-9, Nutrition Score:20.361738972042%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 362.76kcal (18.14%), Fat: 11.06g (17.02%), Saturated Fat: 4.64g (29.01%), Carbohydrates: 41.63g (13.88%), Net Carbohydrates: 37.16g (13.51%), Sugar: 7.68g (8.53%), Cholesterol: 55.21mg (18.4%), Sodium: 811.88mg (35.3%), Alcohol: 1.37g (100%), Alcohol %: 0.49% (100%), Protein: 22.33g (44.66%), Vitamin A: 3018.22IU (60.36%), Vitamin B3: 9.25mg (46.26%), Phosphorus: 385.71mg (38.57%), Vitamin B6: 0.64mg (32.19%), Selenium: 19.72µg (28.17%), Manganese: 0.51mg (25.27%), Vitamin C: 19.81mg (24.01%), Vitamin B1: 0.33mg (21.67%), Vitamin B2: 0.35mg (20.57%), Folate: 79.76µg (19.94%), Potassium: 675.91mg (19.31%), Vitamin K: 19.64µg (18.71%), Fiber: 4.47g (17.88%), Iron: 3.09mg (17.19%), Magnesium: 61.87mg (15.47%), Calcium: 154.59mg (15.46%), Vitamin B5: 1.22mg (12.24%), Copper: 0.23mg (11.33%), Vitamin B12: 0.57µg (9.45%), Zinc: 1.29mg (8.63%), Vitamin E: 0.58mg (3.83%), Vitamin D: 0.27µg (1.81%)