



## Biscuit-Topped Chicken Potpie

READY IN



50 min.

SERVINGS



6

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.3 teaspoons double-acting baking powder
- 3 cups chicken shredded boneless skinless cooked (from a rotisserie bird)
- 2.5 tablespoons cornstarch
- 1.5 cups flour all-purpose
- 2 cups savory vegetable mixed frozen thawed
- 0.5 cup cup heavy whipping cream
- 1.5 cups chicken broth low-sodium
- 0.3 cup milk
- 0.5 teaspoon salt

- 1 teaspoon salt
- 1 shallots finely chopped
- 2 tablespoons butter unsalted
- 9 tablespoons butter unsalted chilled cut into small pieces

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- baking pan
- pastry cutter

## Directions

- Make biscuits: Preheat oven to 375F. Line a baking sheet with parchment.
- Mix flour, baking powder and salt in a bowl. Use a pastry cutter to cut in butter until mixture resembles coarse sand. Gently stir in all but 1 Tbsp. milk. Turn dough onto a lightly floured countertop, knead just to bring together; pat into a 1/2-inch-thick circle.
- Cut into 6 biscuits with a 3-inch cutter.
- Place on baking sheet, cover and chill.
- Whisk cream and cornstarch in a bowl. Melt butter in a large pan over medium heat. Saut shallot until softened, about 3 minutes. Stir in broth, vegetables, chicken and salt; bring to a boil. Stir in cream mixture; cook, stirring, until thickened.
- Transfer filling to an 11-by-7-inch baking dish; arrange biscuits on top.
- Brush biscuits with remaining 1 Tbsp. milk.
- Bake until biscuits are golden, 18 to 20 minutes.
- Let stand 5 minutes before serving.

## Nutrition Facts



■ PROTEIN 10.1% ■ FAT 59.72% ■ CARBS 30.18%

## Properties

Glycemic Index:46.67, Glycemic Load:20.56, Inflammation Score:-10, Nutrition Score:15.204347900722%

## Nutrients (% of daily need)

Calories: 494.38kcal (24.72%), Fat: 33.37g (51.34%), Saturated Fat: 19.32g (120.74%), Carbohydrates: 37.93g (12.64%), Net Carbohydrates: 34.5g (12.54%), Sugar: 1.57g (1.75%), Cholesterol: 99.15mg (33.05%), Sodium: 819.03mg (35.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.7g (25.4%), Vitamin A: 4068.22IU (81.36%), Vitamin B3: 5.3mg (26.5%), Vitamin B1: 0.35mg (23.27%), Selenium: 15.93µg (22.76%), Folate: 79.39µg (19.85%), Manganese: 0.38mg (19.18%), Phosphorus: 190.84mg (19.08%), Vitamin B2: 0.32mg (18.65%), Iron: 2.66mg (14.75%), Calcium: 147.06mg (14.71%), Fiber: 3.44g (13.75%), Vitamin B6: 0.2mg (10.05%), Potassium: 318.74mg (9.11%), Vitamin C: 7.2mg (8.72%), Magnesium: 31.97mg (7.99%), Copper: 0.16mg (7.84%), Zinc: 1.04mg (6.92%), Vitamin B5: 0.61mg (6.11%), Vitamin E: 0.88mg (5.9%), Vitamin D: 0.87µg (5.79%), Vitamin B12: 0.27µg (4.56%), Vitamin K: 3µg (2.85%)