



Broccoli Chicken Cheese Pie Pockets

READY IN



60 min.

SERVINGS



6

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons olive oil
- 2 chicken breast boneless skinless chopped
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 1 tablespoon flour all-purpose
- 1 cup milk
- 12 oz broccoli florets frozen thawed
- 4 oz mild cheddar cheese shredded
- 14.1 oz pie crust dough refrigerated softened (2 Count)

- 1 eggs
- 1 tablespoon water

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk

Directions

- Heat oven to 350°F.
- Heat 10- to 12-inch skillet over medium heat.
- Drizzle hot skillet with 1 tablespoon of the oil.
- Sprinkle chicken with salt and pepper; add to skillet. Cook chicken until no longer pink in center.
- Remove chicken from skillet to plate; set aside.
- Add remaining tablespoon oil to skillet.
- Add flour; stir with whisk and cook 2 to 3 minutes. Stir in milk; heat to boiling.
- Add cooked chicken and thawed broccoli; cook 5 to 7 minutes or until sauce has thickened.
- Remove skillet from heat; stir in cheese until melted.
- Cut out 3 large rounds from each pie crust. Spoon about 1/4 cup chicken-broccoli-cheese mixture onto each pie crust round. Fold dough over filling to form semi-circle; press edges with tines of fork to seal. With sharp knife, cut 2 or 3 slits in top crust to allow steam to escape.
- Place on ungreased cookie sheet.
- In small bowl, beat egg and water with fork or whisk until blended.
- Brush over pies.
- Bake 12 to 15 minutes or until light golden brown.

Nutrition Facts

PROTEIN 15.61% FAT 54.23% CARBS 30.16%

Properties

Glycemic Index:34, Glycemic Load:2.29, Inflammation Score:-7, Nutrition Score:20.923913043478%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 524.9kcal (26.24%), Fat: 31.66g (48.71%), Saturated Fat: 10.98g (68.6%), Carbohydrates: 39.63g (13.21%), Net Carbohydrates: 36.41g (13.24%), Sugar: 3.01g (3.35%), Cholesterol: 75.17mg (25.06%), Sodium: 678.42mg (29.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.51g (41.01%), Vitamin K: 66.46µg (63.29%), Vitamin C: 51.03mg (61.85%), Selenium: 26.07µg (37.25%), Vitamin B3: 6.22mg (31.12%), Phosphorus: 308.26mg (30.83%), Folate: 93.59µg (23.4%), Vitamin B2: 0.4mg (23.34%), Vitamin B6: 0.47mg (23.3%), Calcium: 230.1mg (23.01%), Manganese: 0.46mg (22.75%), Vitamin B1: 0.29mg (19.25%), Vitamin B5: 1.48mg (14.81%), Iron: 2.55mg (14.14%), Potassium: 472.47mg (13.5%), Vitamin A: 660.97IU (13.22%), Fiber: 3.22g (12.86%), Vitamin E: 1.73mg (11.56%), Zinc: 1.72mg (11.45%), Magnesium: 43.15mg (10.79%), Vitamin B12: 0.56µg (9.34%), Copper: 0.1mg (5.22%), Vitamin D: 0.75µg (4.97%)