



Cheesy Chicken Pot Pie

READY IN



70 min.

SERVINGS



4

CALORIES



958 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots thinly sliced (2 medium)
- ☐ 0.5 cup celery chopped (1 medium stalk)
- ☐ 10.5 oz chicken broth canned
- ☐ 10.8 oz cream of chicken soup canned
- ☐ 2 cups roasted chicken cooked chopped
- ☐ 1 cup green beans frozen thawed
- ☐ 0.5 cup onion chopped (1 medium)
- ☐ 1 box pie crust dough refrigerated softened
- ☐ 0.5 teaspoon sage dried

- ☐ 4 oz sharp cheddar cheese shredded finely
- ☐ 1 tablespoon vegetable oil

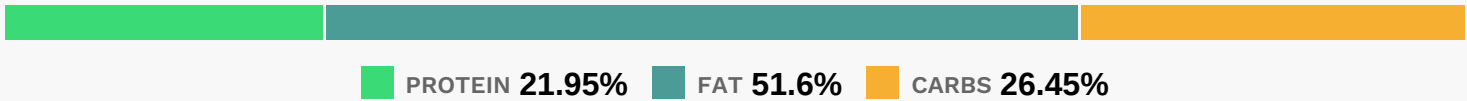
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 375F. In 10-inch skillet, heat oil over medium-high heat.
- ☐ Add onion and celery. Cook 3 to 5 minutes, stirring occasionally, until crisp-tender. Stir in carrots, green beans, chicken, soup, gravy and sage. Cook until bubbly. Stir in 3/4 cup of the cheese. Spoon into ungreased deep 2-quart casserole.
- ☐ Place pie crust over hot chicken mixture. Fold over edges to fit inside casserole.
- ☐ Cut small slits in surface of crust with paring knife.
- ☐ Bake 40 minutes.
- ☐ Sprinkle remaining 1/4 cup cheese over crust; bake 5 to 6 minutes longer or until crust is deep golden brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:55.46, Glycemic Load:4.56, Inflammation Score:-10, Nutrition Score:31.250000202137%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.93mg, Quercetin: 4.93mg, Quercetin: 4.93mg, Quercetin: 4.93mg

Nutrients (% of daily need)

Calories: 957.64kcal (47.88%), Fat: 54.37g (83.64%), Saturated Fat: 18.4g (115%), Carbohydrates: 62.7g (20.9%), Net Carbohydrates: 58.01g (21.09%), Sugar: 3.94g (4.37%), Cholesterol: 124.15mg (41.38%), Sodium: 1575.09mg (68.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.03g (104.06%), Vitamin A: 6176.9IU (123.54%), Selenium: 46.43µg (66.33%), Vitamin B3: 10.9mg (54.48%), Copper: 1.06mg (53.12%), Phosphorus: 504.29mg (50.43%), Vitamin K: 38.9µg (37.04%), Manganese: 0.68mg (33.87%), Vitamin B2: 0.57mg (33.38%), Zinc: 4.83mg (32.22%), Iron: 5.74mg (31.9%), Vitamin B6: 0.61mg (30.71%), Calcium: 280.94mg (28.09%), Folate: 105.97µg (26.49%), Vitamin B1: 0.39mg (26.19%), Vitamin B12: 1.25µg (20.79%), Fiber: 4.7g (18.79%), Potassium: 653.84mg (18.68%), Magnesium: 69.07mg (17.27%), Vitamin B5: 1.55mg (15.54%), Vitamin E: 1.96mg (13.08%), Vitamin C: 7.19mg (8.72%), Vitamin D: 0.24µg (1.63%)