



Chicken and Biscuit Pot Pie

READY IN



65 min.

SERVINGS



6

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.5 teaspoon pepper black freshly ground
- 0.5 cup lowfat buttermilk
- 2 tablespoons canola oil
- 2 medium carrots chopped
- 2 celery stalks chopped
- 0.3 cup flour all-purpose
- 1.5 tablespoons thyme leaves fresh

- 2 cloves garlic minced
- 0.5 pound green beans trimmed chopped
- 1 cup chicken broth low-sodium
- 1.5 cups lowfat milk
- 4 teaspoons olive oil
- 1 medium onion chopped
- 1 cup peas frozen thawed
- 0.3 teaspoon salt
- 0.8 teaspoon salt
- 1.5 pounds chicken breasts boneless skinless cut into 1/2-inch chunks
- 3 tablespoons butter unsalted cold cut into small pieces
- 0.5 cup flour whole-wheat

Equipment

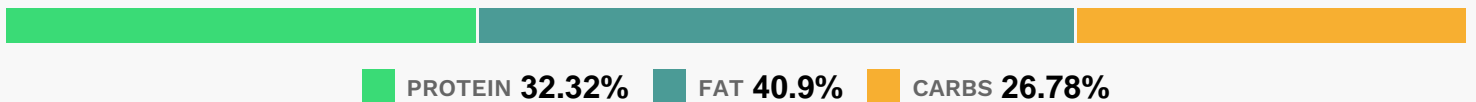
- food processor
- bowl
- frying pan
- oven
- baking pan
- casserole dish

Directions

- Watch how to make this recipe.
- To make the filling: Preheat the oven to 375 degrees F. Spray a large shallow casserole dish, or 6 individual casserole dishes with cooking spray. Season the chicken with 1/4 teaspoon each salt and pepper. In a large nonstick skillet, heat 2 teaspoons of the oil over a medium-high heat.
- Add the chicken to the pan and cook for 5 minutes, stirring occasionally.
- Transfer the chicken with its juices to a bowl. .

- Add 2 more teaspoons of oil to the same pan and heat it over a medium-high heat.
- Add the onions, carrots and celery and cook until the vegetables begin to soften, about 3 minutes.
- Add the green beans, garlic and remaining salt and pepper and cook for 2 minute more.
- Add the milk. Stir the flour into the broth until it is completely dissolved and add to the pan. Cook, stirring, until the mixture comes to a boil. Reduce the heat to medium-low and cook for 2 minutes more. Return the chicken with its juices back to the pan.
- Add the peas and thyme and stir to combine. Season with salt and pepper, to taste. Spoon the mixture into the baking dish or individual dishes.
- Put the whole-wheat flour, all-purpose flour, baking powder, baking soda and salt into a food processor and pulse a few times to combine.
- Add the butter and pulse about 12 times, or until pebble sized pieces are formed.
- Add the buttermilk then oil to the food processor and pulse until just moistened. Do not over mix. Drop the batter in 6 mounds on top of the chicken mixture (1 mound on each individual dish, if using) spreading the batter out slightly.
- Bake until filling is bubbling and the biscuit topping is golden brown, about 20 minutes.
- Excellent source of: Protein, Fiber, Vitamin A, Riboflavin, Niacin, Vitamin B6, Vitamin C, Vitamin K, Manganese, Phosphorus, Potassium, Selenium Good source of: Thiamin, Vitamin B12, Folate, Pantothenic Acid, Calcium, Iodine, Iron, Magnesium, Zinc

Nutrition Facts



Properties

Glycemic Index:83.53, Glycemic Load:6.2, Inflammation Score:-10, Nutrition Score:28.263043299965%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg

Nutrients (% of daily need)

Calories: 392.4kcal (19.62%), Fat: 18g (27.69%), Saturated Fat: 5.85g (36.56%), Carbohydrates: 26.5g (8.83%), Net Carbohydrates: 21.68g (7.89%), Sugar: 8.39g (9.32%), Cholesterol: 92.77mg (30.92%), Sodium: 694.33mg (30.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32g (63.99%), Vitamin A: 4291.56IU (85.83%), Vitamin B3: 14.31mg (71.53%), Selenium: 47.21µg (67.45%), Vitamin B6: 1.1mg (55.16%), Phosphorus: 438.53mg (43.85%), Manganese: 0.77mg (38.3%), Vitamin K: 31.66µg (30.15%), Vitamin C: 21.35mg (25.88%), Potassium: 868.88mg (24.83%), Vitamin B2: 0.39mg (22.66%), Vitamin B5: 2.2mg (22.03%), Vitamin B1: 0.33mg (21.83%), Magnesium: 79.27mg (19.82%), Fiber: 4.82g (19.28%), Calcium: 181.21mg (18.12%), Folate: 57.71µg (14.43%), Vitamin E: 2.01mg (13.39%), Iron: 2.37mg (13.17%), Zinc: 1.85mg (12.32%), Vitamin B12: 0.73µg (12.17%), Copper: 0.21mg (10.33%), Vitamin D: 1.13µg (7.52%)