



Chicken and Fall Vegetable Pot Pie

READY IN



45 min.

SERVINGS



8

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup flour
- 0.3 cup butter ()
- 3 large carrots peeled cut into 1/2-inch pieces
- 4 pounds chicken breast with skin and bones
- 0.5 cup wine dry white
- 2 tablespoons thyme sprigs fresh minced
- 3 medium leek white green sliced (and pale parts only)
- 4 cups chicken broth canned
- 8 servings pie crust dough

- 2 large shallots minced
- 8 ounces turnip greens cut into 1-inch pieces
- 1 pound turnip peeled cut into 1/2-inch pieces
- 0.5 cup whipping cream

Equipment

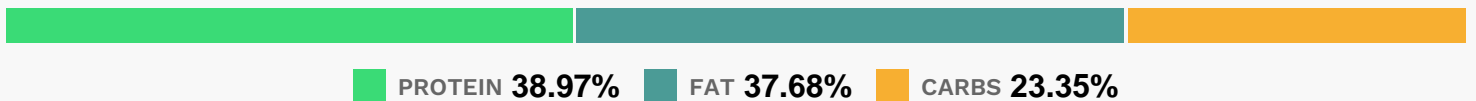
- baking sheet
- baking paper
- oven
- whisk
- pot
- baking pan
- slotted spoon
- tongs
- colander

Directions

- Butter 4-quart oval baking dish.
- Place chicken breasts in heavy large pot.
- Add just enough broth to cover chicken. Bring broth to boil; reduce heat to low. Cover pot and simmer until chicken is just cooked through, skimming surface occasionally, about 20 minutes. Using tongs, transfer chicken to plate and cool.
- Add carrots and turnips to chicken broth in pot. Simmer uncovered until vegetables are just tender, about 10 minutes. Using slotted spoon, transfer vegetables to prepared baking dish.
- Add turnip greens to broth and cook just until wilted, about 1 minute. Using slotted spoon, transfer greens to colander; drain well.
- Add to vegetables in baking dish.
- Strain broth; reserve 4 cups.
- Remove skin and bones from chicken.
- Cut meat into 1/2- to 3/4-inch pieces.

- Add chicken to vegetables in baking dish.
- Melt butter in same pot over medium heat.
- Add leeks, shallots and thyme. Sauté until tender, about 8 minutes.
- Add flour and stir 2 minutes. Stir in 4 cups broth and white wine. Increase heat to high and bring to boil, stirring constantly.
- Add cream and boil until sauce thickens enough to coat spoon, whisking frequently, about 6 minutes. Season with salt and pepper.
- Pour gravy over mixture in dish. Stir to blend. Cool 45 minutes. (Filling can be made 1 day ahead. Cover and refrigerate.)
- Position 1 rack in top third of oven and place baking sheet on bottom rack in oven; preheat to 400deg;F.
- Roll out crust dough on parchment paper to 15x10 1/2-inch rectangle. Using paper as aid, turn dough over onto filling. Trim dough overhang; tuck dough edge inside dish.
- Roll out dough scraps to 1/4-inch thickness.
- Cut out leaf shapes.
- Brush bottom of cutouts with water and place on crust; cut slits in crust to allow steam to escape.
- Place pot pie on top rack and bake until crust is golden and gravy is bubbling, about 50 minutes.
- Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:45.85, Glycemic Load:8.81, Inflammation Score:-10, Nutrition Score:40.350000277809%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol:

4.32mg, Kaempferol: 4.32mg, Kaempferol: 4.32mg, Kaempferol: 4.32mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 579.36kcal (28.97%), Fat: 23.66g (36.41%), Saturated Fat: 10.37g (64.8%), Carbohydrates: 33g (11%), Net Carbohydrates: 28.53g (10.37%), Sugar: 6.21g (6.91%), Cholesterol: 177.21mg (59.07%), Sodium: 511.47mg (22.24%), Alcohol: 1.54g (100%), Alcohol %: 0.35% (100%), Protein: 55.06g (110.12%), Vitamin A: 8899.42IU (177.99%), Vitamin B3: 27.18mg (135.88%), Selenium: 78.14µg (111.63%), Vitamin B6: 2.01mg (100.29%), Vitamin K: 93.58µg (89.12%), Phosphorus: 602.39mg (60.24%), Vitamin C: 40.63mg (49.24%), Potassium: 1366.3mg (39.04%), Vitamin B5: 3.77mg (37.71%), Folate: 132.11µg (33.03%), Manganese: 0.65mg (32.72%), Vitamin B2: 0.45mg (26.47%), Magnesium: 99.46mg (24.86%), Vitamin B1: 0.35mg (23.6%), Iron: 3.7mg (20.57%), Copper: 0.37mg (18.28%), Fiber: 4.47g (17.89%), Vitamin E: 2.15mg (14.34%), Calcium: 143.01mg (14.3%), Zinc: 2.01mg (13.42%), Vitamin B12: 0.61µg (10.12%), Vitamin D: 0.46µg (3.1%)