



Chicken and Herb Pot Pie Stoup

READY IN



30 min.

SERVINGS



6

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bay leaf
- 3 tablespoons butter
- 2 carrots diced peeled
- 3 small ribs celery from the heart chopped
- 1 quart chicken stock see
- 0.3 cup flat-leaf parsley finely chopped
- 2 tablespoons flour all-purpose
- 3 sprigs tarragon fresh finely chopped
- 2 cloves garlic finely chopped

- 1 tablespoon olive oil extra-virgin
- 1 medium onion chopped
- 1 cup peas frozen
- 1 large potatoes diced peeled
- 6 servings salt and pepper black freshly ground
- 2 small pieces chicken breasts boneless skinless
- 2 tablespoons thyme leaves finely chopped

Equipment

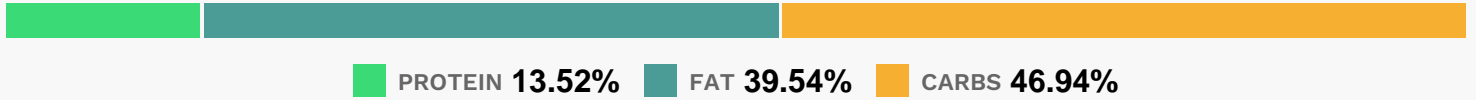
- bowl
- frying pan
- whisk
- dutch oven

Directions

- Put the chicken and the bay leaf in a small pan and add water, almost to cover the chicken. Bring to a boil over high heat, then reduce the heat and poach the chicken until cooked through, about 10 minutes.
- Remove the chicken to a plate. Strain the broth and reserve
- Meanwhile, heat the extra-virgin olive oil, a turn of the pan, in a soup pot or Dutch oven over medium-high heat.
- Add the carrots, celery, onions, garlic, potatoes, salt and pepper, to taste. Stir, cover, and cook 7 to 8 minutes, stirring occasionally to sweat the veggies.
- Add the stock and bring to a boil, then simmer to keep the stock at a low boil. Dice the poached chicken then stir it into the stock.
- Add the peas, tarragon, thyme, and parsley.
- In a small pan over medium heat, melt the butter and whisk in the flour. Cook for 1 minute, then stir it into the soup to thicken.
- Add the reserved strained chicken poaching liquid to loosen up the sauce remember that youre going for a consistency thats thicker than soup and thinner than stew. Season with salt and pepper, to taste.

Transfer to a serving bowl and serve.

Nutrition Facts



Properties

Glycemic Index:94.65, Glycemic Load:11.83, Inflammation Score:-10, Nutrition Score:17.802173861343%

Flavonoids

Apigenin: 6.02mg, Apigenin: 6.02mg, Apigenin: 6.02mg, Apigenin: 6.02mg Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 230.48kcal (11.52%), Fat: 10.33g (15.89%), Saturated Fat: 4.52g (28.27%), Carbohydrates: 27.6g (9.2%), Net Carbohydrates: 23.06g (8.39%), Sugar: 6.39g (7.1%), Cholesterol: 20mg (6.67%), Sodium: 309.13mg (13.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.95g (15.9%), Vitamin A: 4218.04IU (84.36%), Vitamin K: 59.18µg (56.36%), Vitamin C: 33.16mg (40.19%), Manganese: 0.44mg (21.91%), Vitamin B6: 0.43mg (21.73%), Vitamin B3: 4.29mg (21.45%), Potassium: 696.63mg (19.9%), Fiber: 4.53g (18.13%), Vitamin B2: 0.26mg (15.12%), Folate: 60.45µg (15.11%), Vitamin B1: 0.22mg (14.85%), Phosphorus: 134.81mg (13.48%), Iron: 2.36mg (13.09%), Copper: 0.25mg (12.45%), Magnesium: 44.57mg (11.14%), Selenium: 5.5µg (7.86%), Calcium: 65.86mg (6.59%), Zinc: 0.95mg (6.35%), Vitamin E: 0.8mg (5.32%), Vitamin B5: 0.38mg (3.85%)