



Chicken and Vegetable Pot Pie

READY IN



35 min.

SERVINGS



6

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups milk
- ☐ 4 carrots diced
- ☐ 0.5 cup wine dry white
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 tablespoon thyme sprigs fresh
- ☐ 6 servings salt and pepper
- ☐ 1 tablespoon olive oil
- ☐ 2 onion chopped
- ☐ 10 ounce peas frozen

- ☐ 1 pie crust dough frozen thawed store-bought
- ☐ 1 pound chicken breast boneless skinless

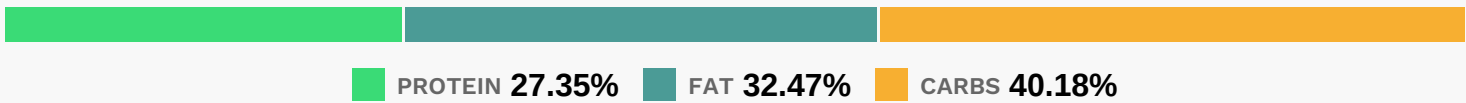
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Heat oven to 400 F. Cook the chicken in a pot of simmering water until cooked through, 10 to 12 minutes; let cool, then shred. Meanwhile, heat the oil in a saucepan over medium heat.
- ☐ Add the onions and carrots and cook, stirring, until they begin to soften, 6 to 8 minutes (do not let them darken).
- ☐ Sprinkle the flour over the vegetables and cook, stirring, for 1 minute.
- ☐ Add the wine and cook until evaporated, about 5 minutes.
- ☐ Add the milk and simmer until the sauce thickens, 2 to 3 minutes. Stir in the chicken, peas, thyme, 3/4 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Transfer to a shallow 1 1/2- to 2-quart baking dish.
- ☐ Lay the crust on top, pressing to seal.
- ☐ Cut several vents in the crust.
- ☐ Place the pot pie on a baking sheet and bake until bubbling and the crust is golden, 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:42.19, Glycemic Load:6.07, Inflammation Score:-10, Nutrition Score:24.377391442009%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg

Nutrients (% of daily need)

Calories: 370.96kcal (18.55%), Fat: 12.8g (19.7%), Saturated Fat: 3.58g (22.39%), Carbohydrates: 35.65g (11.88%), Net Carbohydrates: 30.22g (10.99%), Sugar: 10.27g (11.41%), Cholesterol: 52.32mg (17.44%), Sodium: 461.16mg (20.05%), Alcohol: 2.06g (100%), Alcohol %: 0.78% (100%), Protein: 24.26g (48.53%), Vitamin A: 7388.54IU (147.77%), Vitamin B3: 10.43mg (52.16%), Selenium: 29.82µg (42.61%), Vitamin B6: 0.82mg (41.16%), Phosphorus: 344.97mg (34.5%), Vitamin C: 26.79mg (32.47%), Manganese: 0.51mg (25.38%), Vitamin B1: 0.37mg (24.77%), Fiber: 5.43g (21.71%), Potassium: 756.61mg (21.62%), Vitamin B2: 0.36mg (20.99%), Vitamin K: 21.03µg (20.03%), Folate: 77.42µg (19.36%), Vitamin B5: 1.71mg (17.11%), Magnesium: 62.18mg (15.55%), Calcium: 149.18mg (14.92%), Iron: 2.36mg (13.09%), Zinc: 1.72mg (11.48%), Vitamin B12: 0.63µg (10.52%), Copper: 0.17mg (8.55%), Vitamin E: 0.97mg (6.43%), Vitamin D: 0.94µg (6.27%)