



WHATSheATE



Chicken and Vegetable Pot Pies with Dilled Biscuit Topping

READY IN



45 min.

SERVINGS



6

CALORIES



597 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 5 tablespoons butter
- ☐ 8 ounces button mushrooms coarsely chopped
- ☐ 4.5 pound meat from a rotisserie chicken quartered
- ☐ 0.8 teaspoon thyme leaves dried crumbled
- ☐ 6 servings dough) for dilled buttermilk biscuits (unbaked
- ☐ 1.8 cups vegetables mixed frozen thawed (from one 16-ounce bag)
- ☐ 6 cups low-salt chicken broth canned

- ☐ 0.5 cup onion chopped
- ☐ 0.8 cup bell pepper red finely chopped
- ☐ 5 tablespoons unbleached all purpose flour
- ☐ 0.3 cup whipping cream

Equipment

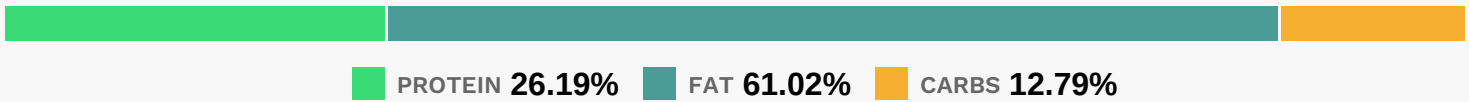
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Combine chicken, giblets, broth and bay leaf in large pot. Cover partially; simmer until chicken is just cooked through, rearranging chicken occasionally, about 25 minutes.
- ☐ Transfer chicken to large bowl.
- ☐ Simmer broth over medium-high heat until reduced to 2 1/2 cups liquid, about 15 minutes. Strain broth; discard solids.
- ☐ Remove skin and bones from chicken pieces. Tear meat into bite-size pieces; transfer to bowl.
- ☐ Melt butter in heavy medium saucepan over medium heat.
- ☐ Add bell pepper, onion and thyme. Sauté until onion is tender, about 5 minutes.
- ☐ Add mushrooms. Cook until mushrooms are tender, about 7 minutes. Reduce heat to medium-low.
- ☐ Sprinkle vegetables with flour; sauté 2 minutes. Gradually whisk in reduced broth.
- ☐ Add mixed vegetables. Simmer until broth thickens, stirring occasionally, about 5 minutes.
- ☐ Remove from heat. Stir chicken and cream into sauce; season with salt and pepper. (Can be made 1 day ahead. Cool slightly. Cover and refrigerate. Rewarm before continuing.)

- ☐
- Position rack in top third of oven; preheat to 450°F. Divide chicken mixture among six 1 3/4-cup individual casserole dishes or soufflé dishes.
- ☐
- Place 1 unbaked 3-inch square of biscuit dough over each.
- ☐
- Bake until filling is bubbling and biscuits are puffed and brown, about 12 minutes.
- ☐
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:41.83, Glycemic Load:3.35, Inflammation Score:-10, Nutrition Score:25.0286957492%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 596.71kcal (29.84%), Fat: 40.95g (63.01%), Saturated Fat: 16.62g (103.9%), Carbohydrates: 19.31g (6.44%), Net Carbohydrates: 15.96g (5.8%), Sugar: 2.85g (3.17%), Cholesterol: 162.5mg (54.17%), Sodium: 301.43mg (13.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.55g (79.11%), Vitamin B3: 16.99mg (84.94%), Vitamin A: 3999.44IU (79.99%), Selenium: 30.15µg (43.08%), Vitamin C: 33.9mg (41.1%), Phosphorus: 405.17mg (40.52%), Vitamin B6: 0.76mg (38.24%), Vitamin B2: 0.55mg (32.14%), Potassium: 828.48mg (23.67%), Vitamin B5: 2.29mg (22.91%), Zinc: 2.98mg (19.86%), Copper: 0.39mg (19.46%), Iron: 3.27mg (18.15%), Vitamin B1: 0.27mg (17.78%), Magnesium: 57.73mg (14.43%), Folate: 56.11µg (14.03%), Manganese: 0.27mg (13.71%), Fiber: 3.35g (13.41%), Vitamin B12: 0.8µg (13.33%), Vitamin E: 1.22mg (8.13%), Vitamin K: 6.86µg (6.53%), Calcium: 61.63mg (6.16%), Vitamin D: 0.61µg (4.09%)