



Chicken and Vegetables with Flaky Pastry

READY IN



45 min.

SERVINGS



6

CALORIES



647 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 oz portabello mushrooms sliced
- ☐ 1 cup baby carrots quartered
- ☐ 1 tablespoon butter
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 teaspoons olive oil
- ☐ 1 cup onion whole frozen (from 1-lb bag)
- ☐ 1 teaspoon parmesan cheese grated
- ☐ 0.5 cup peas sweet green frozen giant® (from 1-lb bag)
- ☐ 0.3 teaspoon pepper

- ☐ 1 box pie crust dough refrigerated softened pillsbury®
- ☐ 1 teaspoon salt
- ☐ 2 lb chicken breast boneless skinless quartered
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 tablespoons water
- ☐ 0.5 cup whipping cream
- ☐ 0.5 cup wine

Equipment

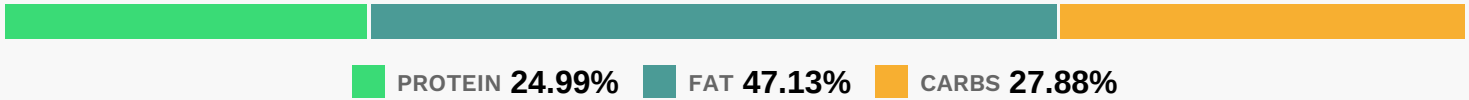
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ rolling pin

Directions

- ☐ In 12-inch skillet, heat 2 teaspoons of the oil over medium-high heat until hot.
- ☐ Add mushrooms; cook 2 to 3 minutes, stirring frequently, until tender.
- ☐ Remove mushrooms from skillet; place in bowl. Set aside.
- ☐ In same skillet, melt butter and remaining 1 teaspoon oil over medium-high heat.
- ☐ Add chicken and carrots; sprinkle with salt and pepper. Cook 5 to 7 minutes, stirring occasionally, until browned. Stir in onions and wine.
- ☐ Heat to boiling. Reduce heat to medium-low. Cover; cook about 20 minutes or until chicken is no longer pink in center.
- ☐ Meanwhile, heat oven to 450°F.
- ☐ Remove pie crust from pouch; unroll crust onto ungreased cookie sheet.
- ☐ Sprinkle evenly with cheese and thyme; roll in lightly with rolling pin. Prick crust generously with fork. With pastry wheel or sharp knife, cut into 12 wedges; separate slightly.

- ☐ Bake 7 to 10 minutes or until light golden brown.
- ☐ In small bowl, mix flour and water until smooth.
- ☐ Add to juices in skillet; cook over medium heat, stirring constantly, until bubbly and thickened. Stir in whipping cream, peas and cooked mushrooms. Cook 3 to 4 minutes, stirring frequently, until thoroughly heated.
- ☐ Serve chicken and vegetables with pastry wedges.

Nutrition Facts



Properties

Glycemic Index:39.72, Glycemic Load:3.18, Inflammation Score:-10, Nutrition Score:27.540869806124%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 646.97kcal (32.35%), Fat: 32.81g (50.47%), Saturated Fat: 11.7g (73.13%), Carbohydrates: 43.66g (14.55%), Net Carbohydrates: 39.72g (14.44%), Sugar: 4.32g (4.8%), Cholesterol: 119.89mg (39.96%), Sodium: 899.63mg (39.11%), Alcohol: 2.06g (100%), Alcohol %: 0.72% (100%), Protein: 39.14g (78.27%), Vitamin B3: 19.51mg (97.53%), Selenium: 60.18µg (85.97%), Vitamin A: 3471.36IU (69.43%), Vitamin B6: 1.3mg (65.14%), Phosphorus: 448.1mg (44.81%), Vitamin B5: 2.96mg (29.61%), Manganese: 0.52mg (25.87%), Vitamin B1: 0.38mg (25.51%), Potassium: 888.03mg (25.37%), Vitamin B2: 0.4mg (23.27%), Folate: 87.35µg (21.84%), Iron: 3.11mg (17.26%), Magnesium: 63.14mg (15.78%), Fiber: 3.94g (15.77%), Copper: 0.24mg (11.84%), Vitamin K: 12.36µg (11.77%), Vitamin C: 9.57mg (11.6%), Zinc: 1.7mg (11.32%), Vitamin E: 1.17mg (7.81%), Calcium: 61.93mg (6.19%), Vitamin B12: 0.36µg (6.03%), Vitamin D: 0.56µg (3.72%)