



## Chicken and Veggie Pot Pie

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup roasted chicken cubed cooked
- 18.5 oz cream of chicken soup hearty pie style canned
- 12 oz deep dish pie crust frozen
- 2 tablespoons flour all-purpose
- 1.5 cups savory vegetable mixed frozen

### Equipment

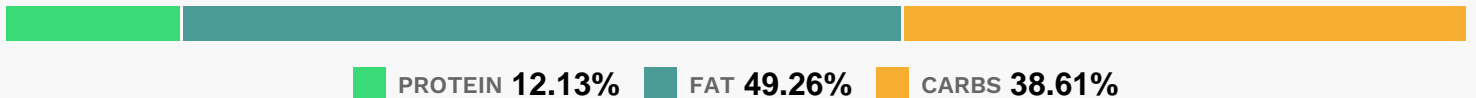
- frying pan
- baking sheet

- sauce pan
- oven
- knife
- aluminum foil

## Directions

- Place cookie sheet on oven rack.
- Heat oven to 400F.
- In 2-quart saucepan, mix soup and flour. Stir in vegetables. Cook over medium-high heat 5 to 6 minutes, stirring frequently, until bubbly and thickened; stir in chicken. Spoon into 1 frozen crust. While second crust is still in pan and frozen, remove crimp with sharp knife.
- Remove crust from pan and center frozen crust upside down on top of filled pie.
- Let thaw 10 minutes; crimp edges together.
- Cut 2 or 3 slits in top crust. Cover edge of crust with pie shield or foil strips.
- Bake on cookie sheet 25 to 35 minutes or until crust is golden brown and filling is bubbly.
- Let stand 15 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:27.17, Glycemic Load:6.01, Inflammation Score:-9, Nutrition Score:11.853043530298%

## Nutrients (% of daily need)

Calories: 421.21kcal (21.06%), Fat: 23.15g (35.61%), Saturated Fat: 6.56g (41.02%), Carbohydrates: 40.82g (13.61%), Net Carbohydrates: 38.14g (13.87%), Sugar: 0.48g (0.53%), Cholesterol: 24.49mg (8.16%), Sodium: 852.71mg (37.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.82g (25.64%), Vitamin A: 2479.14IU (49.58%), Manganese: 0.46mg (23.07%), Vitamin B3: 4.32mg (21.58%), Iron: 3.04mg (16.88%), Folate: 64.34µg (16.09%), Selenium: 10.98µg (15.69%), Vitamin B1: 0.23mg (15.31%), Phosphorus: 140mg (14%), Vitamin B2: 0.21mg (12.15%), Vitamin K: 12.1µg (11.52%), Copper: 0.22mg (10.79%), Fiber: 2.68g (10.73%), Vitamin B6: 0.17mg (8.35%), Vitamin E: 1.18mg (7.84%), Zinc: 1.09mg (7.27%), Magnesium: 28.37mg (7.09%), Potassium: 247mg (7.06%), Vitamin B5: 0.68mg (6.84%), Vitamin C: 4.82mg (5.84%), Calcium: 38.13mg (3.81%), Vitamin B12: 0.07µg (1.13%)