



Chicken Divan Pot Pie

READY IN



65 min.

SERVINGS



6

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 oz processed cheese food shredded
- ☐ 9 oz broccoli frozen thawed drained well
- ☐ 3 tablespoons butter
- ☐ 2 cups roasted chicken diced cooked
- ☐ 0.5 cup chicken broth
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 cup milk
- ☐ 0.3 teaspoon pepper
- ☐ 1 box pie crust dough refrigerated softened pillsbury®

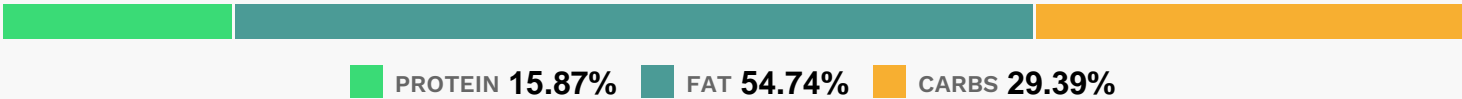
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 425°F. Make pie crusts as directed on box for Two-Crust Pie, using 9-inch glass pie plate.
- ☐ In 2-quart saucepan, melt butter over medium-low heat. Stir in flour and pepper; cook until mixture is smooth and bubbly. Gradually add broth and milk, stirring constantly, until mixture boils and thickens.
- ☐ Add cheese; stir until melted. Stir in chicken and broccoli.
- ☐ Pour mixture into crust-lined pie plate. Top with second crust; seal edge and flute.
- ☐ Cut slits in several places in top crust.
- ☐ Bake 30 to 35 minutes or until crust is golden brown and filling is bubbly. Cover edge of crust with strips of foil after first 15 to 20 minutes of baking to prevent excessive browning. Cool 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:3, Inflammation Score:-7, Nutrition Score:17.963043586068%

Flavonoids

Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 3.33mg, Kaempferol: 3.33mg, Kaempferol: 3.33mg, Kaempferol: 3.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 538.64kcal (26.93%), Fat: 32.68g (50.28%), Saturated Fat: 11.11g (69.46%), Carbohydrates: 39.48g (13.16%), Net Carbohydrates: 36.58g (13.3%), Sugar: 1.73g (1.93%), Cholesterol: 55.51mg (18.5%), Sodium: 780.13mg (33.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.32g (42.64%), Vitamin K: 48.91µg (46.58%), Vitamin

C: 37.95mg (45.99%), Selenium: 21.71µg (31.01%), Phosphorus: 303.66mg (30.37%), Vitamin B3: 6.04mg (30.21%), Calcium: 252.07mg (25.21%), Manganese: 0.45mg (22.26%), Folate: 84.25µg (21.06%), Vitamin B1: 0.29mg (19.02%), Vitamin B2: 0.32mg (18.99%), Iron: 2.92mg (16.24%), Vitamin B6: 0.32mg (15.9%), Vitamin A: 731.04IU (14.62%), Zinc: 1.74mg (11.58%), Fiber: 2.89g (11.58%), Vitamin B5: 1.11mg (11.07%), Potassium: 357.69mg (10.22%), Magnesium: 36.24mg (9.06%), Vitamin B12: 0.48µg (8.08%), Vitamin E: 1.02mg (6.82%), Copper: 0.12mg (5.78%), Vitamin D: 0.23µg (1.5%)