



Chicken, Ham, and Tarragon Pie

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



822 kcal

Ingredients

- ☐ 0.5 quantity of chicken with white wine and herbs
- ☐ 2 slices ham thick fully cooked cut into strips
- ☐ 1 eggs beaten
- ☐ 1 tablespoon tarragon fresh finely chopped
- ☐ 18 ounce all-butter puff pastry in a block refrigerated

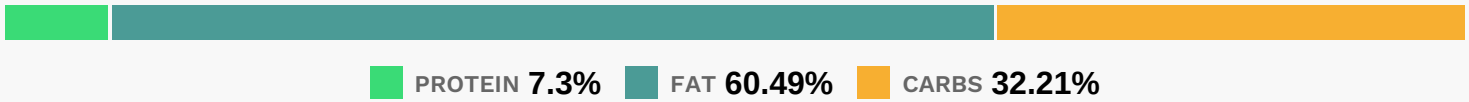
Equipment

- ☐ oven
- ☐ pie form

Directions

- ☐ Roll out the pastry on a floured counter and, using your pie dish as a template, cut out a piece to generously fit the top. From the trimmings, cut a 3/4-inch wide strip (it can be in pieces) to fit around the rim of the dish. Dampen the edges and stick the strips in place around the rim.
- ☐ Mix the ham and tarragon into the chicken filling, then spoon this into the dish. Dampen the top of the pastry strip and place the pastry round on top. Trim the edges and press down gently. Decorate the top if you wish with pastry shapes made from the trimmings, then brush with the beaten egg and make a small slit in the top for a steam hole. Either freeze or cook within 4 hours (keep the pie in the fridge).
- ☐ (F) Cover the pie dish, label, and freeze.(D)
- ☐ Let stand overnight in the fridge.(C)
- ☐ Remove the pie from the fridge 20 minutes before cooking. Preheat the oven to 375°F.
- ☐ Bake the pie for 30 to 35 minutes, or until piping hot and deep golden.
- ☐ From The Foolproof Freezer Cookbook: Prepare-ahead meals, Stress-free entertaining, Making the Most of Excess Fruits and Vegetables, Feeding the Family the Modern Way by Ghillie James. Text © 2011 Ghillie James; photographs © 2011 Tara Fisher. Published in 2012 by Kyle Books.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:32.04, Inflammation Score:-6, Nutrition Score:15.798695647198%

Flavonoids

Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 821.55kcal (41.08%), Fat: 50.84g (78.22%), Saturated Fat: 12.92g (80.73%), Carbohydrates: 60.93g (20.31%), Net Carbohydrates: 58.89g (21.41%), Sugar: 1.88g (2.09%), Cholesterol: 51.14mg (17.05%), Sodium: 500.75mg (21.77%), Alcohol: 9.66g (100%), Alcohol %: 4.93% (100%), Protein: 13.8g (27.6%), Selenium: 37.19µg (53.13%), Manganese: 0.88mg (44.07%), Vitamin B1: 0.6mg (39.69%), Vitamin B3: 6.08mg (30.4%), Vitamin B2: 0.48mg (28.36%), Folate: 110.83µg (27.71%), Iron: 4.4mg (24.42%), Vitamin K: 20.95µg (19.95%), Phosphorus: 161.56mg (16.16%), Magnesium: 40.12mg (10.03%), Copper: 0.18mg (9.25%), Zinc: 1.31mg (8.74%), Vitamin B6: 0.17mg (8.52%), Fiber: 2.04g (8.17%), Potassium: 251.75mg (7.19%), Vitamin E: 0.8mg (5.36%), Vitamin C: 4.14mg (5.01%), Vitamin B12: 0.3µg (4.92%), Calcium: 48.13mg (4.81%), Vitamin B5: 0.33mg (3.33%), Vitamin A: 134.18IU (2.68%), Vitamin D: 0.22µg (1.47%)