



## Chicken Honey Mustard Pie

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



116 kcal

### Ingredients

- 1 cup carrots julienned
- 1 cup chicken broth
- 1.5 tablespoons cornstarch
- 1 teaspoon parsley dried
- 1 clove garlic minced
- 8 servings ground pepper black to taste
- 3.5 tablespoons honey
- 1.5 tablespoons mustard dijon-style prepared
- 0.3 cup onion diced finely

- 8 servings salt to taste
- 1 pound chicken breast halves boneless skinless
- 0.3 cup soya sauce
- 3 tablespoons water

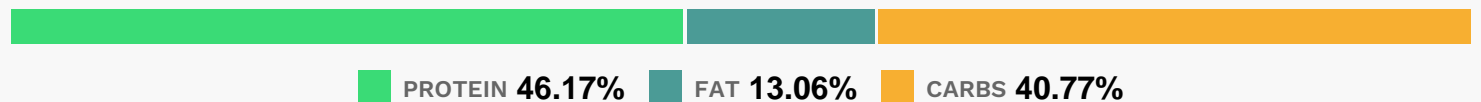
## Equipment

- sauce pan
- oven

## Directions

- Cut chicken into bite-size chunks, and marinate in soy sauce.
- In a lightly oiled saucepan, saute onion and garlic over medium-high heat until onion is soft but not brown.
- Add chicken pieces, and saute until chicken is cooked through. Stir in chicken broth, carrots, honey, mustard, parsley, salt and pepper.
- Mix cornstarch with a few tablespoons of water to make a paste. Bring chicken mixture to a boil, and stir in cornstarch mixture. Cook, stirring constantly, until thick.
- Mixture should get pretty thick: add more cornstarch mixture if necessary.
- Pour chicken mixture into pie shell. Top with crust, cutting small slits in top to let steam escape.
- Bake at 425 degrees F (220 degrees C) for 15 minutes. Reduce heat to 350 degrees F (175 degrees C).
- Bake 30 minutes more, or until crust is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:29.39, Glycemic Load:4.67, Inflammation Score:-9, Nutrition Score:9.416086865508%

## Flavonoids

Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

## **Nutrients (% of daily need)**

Calories: 115.52kcal (5.78%), Fat: 1.68g (2.59%), Saturated Fat: 0.34g (2.14%), Carbohydrates: 11.82g (3.94%), Net Carbohydrates: 11.04g (4.01%), Sugar: 8.81g (9.79%), Cholesterol: 36.87mg (12.29%), Sodium: 816.63mg (35.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.38g (26.76%), Vitamin A: 2693.48IU (53.87%), Vitamin B3: 6.46mg (32.3%), Selenium: 19.49µg (27.85%), Vitamin B6: 0.48mg (23.82%), Phosphorus: 141.1mg (14.11%), Vitamin B5: 0.91mg (9.06%), Potassium: 301.19mg (8.61%), Manganese: 0.13mg (6.41%), Vitamin B2: 0.1mg (6%), Magnesium: 22.31mg (5.58%), Vitamin B1: 0.07mg (4.39%), Iron: 0.57mg (3.18%), Zinc: 0.47mg (3.16%), Fiber: 0.78g (3.12%), Vitamin C: 2.18mg (2.65%), Vitamin K: 2.63µg (2.5%), Copper: 0.05mg (2.42%), Folate: 7.99µg (2%), Vitamin B12: 0.12µg (1.99%), Vitamin E: 0.24mg (1.59%), Calcium: 15.8mg (1.58%)