



Chicken Marsala Pot Pie

READY IN



50 min.

SERVINGS



4

CALORIES



802 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 1 lb chicken breast boneless skinless cut into cubes
- ☐ 5 oz mushrooms fresh sliced
- ☐ 0.5 cup onion chopped
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon pepper
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup plum brandy

- ☐ 0.5 cup chicken broth
- ☐ 12 oz savory vegetable mixed frozen thawed
- ☐ 14.1 oz pie crust dough refrigerated softened (2 Count)

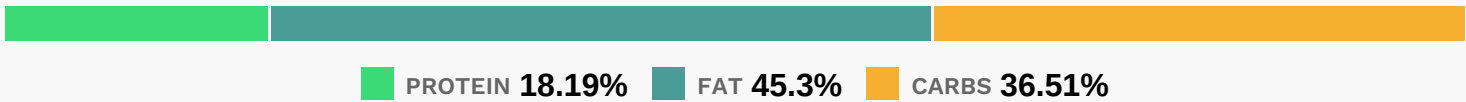
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 400°F. In 12-inch skillet, heat oil over medium heat.
- ☐ Add chicken, mushrooms, onion, salt and pepper. Cook 8 to 10 minutes, stirring frequently, until chicken is no longer pink in center.
- ☐ Remove chicken mixture from skillet; set aside.
- ☐ In same skillet, melt butter. Stir in flour with whisk. Cook 2 to 3 minutes, stirring constantly, until bubbly. Stir in wine and broth.
- ☐ Heat to boiling; reduce heat. Simmer until sauce is thickened.
- ☐ Add chicken mixture to sauce. Stir in mixed vegetables; heat until hot.
- ☐ Pour into 9 1/2- or 10-inch glass deep-dish pie plate.
- ☐ Remove pie crust from pouch; unroll crust and place over chicken mixture. Seal and flute edges.
- ☐ Cut slits in crust.
- ☐ Bake 20 to 25 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:6.42, Inflammation Score:-10, Nutrition Score:29.338261065276%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 801.99kcal (40.1%), Fat: 38.86g (59.79%), Saturated Fat: 13g (81.27%), Carbohydrates: 70.48g (23.49%), Net Carbohydrates: 63.66g (23.15%), Sugar: 4.03g (4.47%), Cholesterol: 88.21mg (29.4%), Sodium: 1321.11mg (57.44%), Alcohol: 4.59g (100%), Alcohol %: 1.35% (100%), Protein: 35.12g (70.25%), Vitamin A: 4532.44IU (90.65%), Vitamin B3: 17.25mg (86.26%), Selenium: 47.35µg (67.65%), Vitamin B6: 1.05mg (52.26%), Manganese: 0.85mg (42.44%), Phosphorus: 406.94mg (40.69%), Vitamin B1: 0.53mg (35.4%), Vitamin B2: 0.55mg (32.23%), Folate: 116.13µg (29.03%), Vitamin B5: 2.76mg (27.58%), Fiber: 6.82g (27.29%), Potassium: 884.08mg (25.26%), Iron: 4.39mg (24.37%), Magnesium: 74.9mg (18.73%), Copper: 0.34mg (16.78%), Vitamin C: 12.43mg (15.07%), Zinc: 1.79mg (11.93%), Vitamin K: 11.03µg (10.5%), Vitamin E: 1.37mg (9.12%), Calcium: 60.01mg (6%), Vitamin B12: 0.26µg (4.31%), Vitamin D: 0.18µg (1.23%)