



Chicken Pot Pie

READY IN



90 min.

SERVINGS



8

CALORIES



844 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup celery thinly sliced
- 4 cups chicken broth low-sodium canned
- 1 large eggs lightly beaten
- 0.7 cup flour all-purpose
- 3 cups flour all-purpose
- 2 tablespoons parsley fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 0.5 cup heavy cream
- 1 large onion chopped

- 10 oz peas-carrots mix shopping list frozen
- 0.3 teaspoon pepper
- 16 oz precooked potatoes diced
- 1 teaspoon salt
- 8 servings salt and pepper
- 10 tablespoons shortening chilled
- 2 pounds chicken breasts boneless skinless
- 8 tablespoons butter unsalted
- 8 tablespoons butter unsalted chilled
- 0.5 cup white wine

Equipment

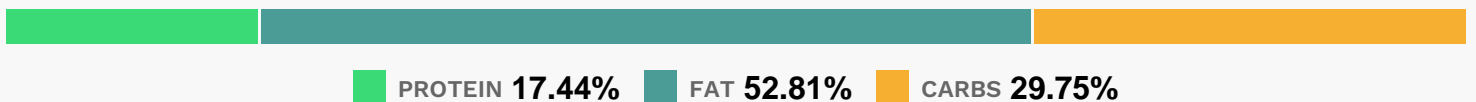
- food processor
- frying pan
- baking sheet
- oven
- whisk
- plastic wrap
- baking pan
- aluminum foil
- cookie cutter
- rolling pin

Directions

- Make pastry: In a food processor, pulse flour, thyme, salt and pepper.
- Add butter and shortening; pulse until mixture resembles coarse sand. With motor running, add 6 Tbsp. ice water and mix until dough comes together, adding more water if necessary. Turn dough out onto floured surface and knead just to bring together. Shape into a rectangle, wrap in plastic and chill.

- Place chicken breasts in a large pan and cover with broth. Bring to a boil over medium heat, then reduce heat to low and simmer until chicken is cooked through, about 20 minutes.
- Remove chicken from broth and cut into chunks. Strain broth; reserve.
- Melt butter in large skillet over low heat, add onion and celery and cook until softened, about 15 minutes. Stir in salt, pepper, flour and thyme and cook, stirring, 5 minutes.
- Add reserved broth, increase heat to medium and bring to boil, whisking constantly. Reduce heat and simmer until thickened, whisking often, about 3 minutes. Stir in wine and cream and heat through.
- Add chicken, vegetables, potatoes and parsley. Season with salt and pepper.
- Mist a 9-by-13-inch baking dish with cooking spray.
- Pour in chicken mixture. Allow to cool slightly. Preheat oven to 375F. Line a baking sheet with aluminum foil.
- Roll out dough to 1/4-inch thickness between 2 sheets of plastic wrap or waxed paper.
- Roll crust onto rolling pin, then transfer it on top of baking dish, covering filling. Trim crust to fit, crimping edges. Knead scraps together, roll out and use Halloween cookie cutters to create shapes for top of pie.
- Brush top of pie with beaten egg, gently press on cut-outs and brush them with glaze.
- Cut a few slits in crust to vent steam.
- Place on lined baking sheet and bake until crust is golden and filling is bubbling, about 60 minutes.
- Serve hot

Nutrition Facts



Properties

Glycemic Index:52.09, Glycemic Load:39.44, Inflammation Score:-10, Nutrition Score:32.463478233503%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.54mg, Apigenin: 2.54mg, Apigenin: 2.54mg, Apigenin: 2.54mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 843.82kcal (42.19%), Fat: 49.16g (75.64%), Saturated Fat: 23.01g (143.79%), Carbohydrates: 62.31g (20.77%), Net Carbohydrates: 57.62g (20.95%), Sugar: 2.34g (2.6%), Cholesterol: 172.83mg (57.61%), Sodium: 712.82mg (30.99%), Alcohol: 1.54g (100%), Alcohol %: 0.4% (100%), Protein: 36.54g (73.08%), Vitamin A: 4535.94IU (90.72%), Vitamin B3: 18.06mg (90.29%), Selenium: 59.11µg (84.45%), Vitamin B6: 1.15mg (57.49%), Vitamin B1: 0.66mg (43.9%), Phosphorus: 429.49mg (42.95%), Folate: 145.76µg (36.44%), Vitamin B2: 0.56mg (33.2%), Manganese: 0.66mg (33.07%), Vitamin K: 32.78µg (31.22%), Potassium: 1001.93mg (28.63%), Iron: 4.63mg (25.7%), Vitamin C: 21.1mg (25.57%), Vitamin B5: 2.45mg (24.48%), Fiber: 4.69g (18.76%), Magnesium: 71.82mg (17.96%), Copper: 0.3mg (14.83%), Vitamin E: 2.13mg (14.23%), Zinc: 1.76mg (11.75%), Vitamin B12: 0.47µg (7.86%), Calcium: 71.77mg (7.18%), Vitamin D: 0.9µg (5.98%)