



 **64%**
HEALTH SCORE

Chicken Pot Pie

 Very Healthy

READY IN



115 min.

SERVINGS



4

CALORIES



1944 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon double-acting baking powder
- 4 servings pepper black freshly ground
- 0.3 pound butter unsalted diced cold
- 2 cups medium-diced carrots for 2 minutes
- 2 chicken bouillon cubes
- 6 chicken breasts whole split bone-in
- 5 cups chicken stock see homemade
- 1 eggs with 1 tablespoon water, for egg wash beaten

- 0.8 cup flour all-purpose
- 3 cups flour all-purpose
- 0.5 cup parsley leaves fresh minced
- 0.3 cup heavy cream
- 0.5 cup ice water
- 1.5 teaspoons kosher salt
- 4 servings kosher salt
- 3 tablespoons olive oil
- 1.5 cups onions whole frozen
- 10 ounce peas frozen (2 cups)
- 4 servings sea salt and cracked pepper black flaked
- 12 tablespoons butter unsalted ()
- 0.5 cup vegetable shortening
- 2 cups onions yellow chopped (2 onions)

Equipment

- food processor
- bowl
- baking sheet
- sauce pan
- oven
- dutch oven

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Place the chicken breasts on a baking sheet and rub them with olive oil.
- Sprinkle generously with salt and pepper. Roast for 35 to 40 minutes, or until cooked through. Set aside until cool enough to handle, then remove the meat from the bones and discard the

skin.

- Cut the chicken into large dice. You will have 4 to 6 cups of cubed chicken.
- In a small saucepan, heat the chicken stock and dissolve the bouillon cubes in the stock. In a large pot or Dutch oven, melt the butter and saute the onions over medium-low heat for 10 to 15 minutes, until translucent.
- Add the flour and cook over low heat, stirring constantly, for 2 minutes.
- Add the hot chicken stock to the sauce. Simmer over low heat for 1 more minute, stirring, until thick.
- Add 2 teaspoons salt, 1/2 teaspoon pepper, and heavy cream.
- Add the cubed chicken, carrots, peas, onions and parsley.
- Mix well.
- For the pastry, mix the flour, salt, and baking powder in the bowl of a food processor fitted with a metal blade.
- Add the shortening and butter and mix quickly with your fingers until each piece is coated with flour. Pulse 10 times, or until the fat is the size of peas. With the motor running, add the ice water; process only enough to moisten the dough and have it just come together. Dump the dough out onto a floured board and knead quickly into a ball. Wrap the dough in plastic and allow it to rest in the refrigerator for 30 minutes.
- Preheat the oven to 375 degrees F.
- Divide the filling equally among 4 ovenproof bowls. Divide the dough into quarters and roll each piece into an 8-inch circle.
- Brush the outside edges of each bowl with the egg wash, then place the dough on top. Trim the circle to 1/2-inch larger than the top of the bowl. Crimp the dough to fold over the side, pressing it to make it stick.
- Brush the dough with egg wash and make 3 slits in the top.
- Sprinkle with sea salt and cracked pepper.
- Place on a baking sheet and bake for 1 hour, or until the top is golden brown and the filling is bubbling hot.

Nutrition Facts



PROTEIN 20.47% **FAT 52.48%** **CARBS 27.05%**

Properties

Glycemic Index:112.79, Glycemic Load:72.69, Inflammation Score:-10, Nutrition Score:62.413912897525%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 7.01mg, Isorhamnetin: 7.01mg, Isorhamnetin: 7.01mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg Quercetin: 28.58mg, Quercetin: 28.58mg, Quercetin: 28.58mg, Quercetin: 28.58mg

Nutrients (% of daily need)

Calories: 1943.82kcal (97.19%), Fat: 113g (173.85%), Saturated Fat: 50.69g (316.81%), Carbohydrates: 131.07g (43.69%), Net Carbohydrates: 119.42g (43.42%), Sugar: 18.93g (21.04%), Cholesterol: 394.28mg (131.43%), Sodium: 2739.96mg (119.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 99.2g (198.4%), Vitamin A: 13956.61IU (279.13%), Vitamin B3: 49.48mg (247.38%), Selenium: 158.57µg (226.53%), Vitamin K: 176.73µg (168.32%), Vitamin B6: 3.17mg (158.32%), Phosphorus: 1114.26mg (111.43%), Vitamin B1: 1.56mg (103.81%), Folate: 342.6µg (85.65%), Vitamin B2: 1.41mg (82.91%), Manganese: 1.45mg (72.34%), Vitamin C: 57.24mg (69.38%), Potassium: 2357.46mg (67.36%), Vitamin B5: 6.1mg (60.98%), Iron: 9.57mg (53.18%), Fiber: 11.65g (46.6%), Magnesium: 179.13mg (44.78%), Vitamin E: 6.27mg (41.77%), Copper: 0.66mg (33.12%), Zinc: 4.67mg (31.11%), Calcium: 216.74mg (21.67%), Vitamin B12: 0.83µg (13.79%), Vitamin D: 1.63µg (10.88%)