



Chicken Pot Pie

READY IN



65 min.

SERVINGS



8

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons double-acting baking powder
- 2 tablespoons canola oil
- 2 carrots diced
- 1 rib celery stalks thinly sliced
- 3 cups chicken broth low-sodium,
- 0.5 cup flour all-purpose
- 2.5 cups flour all-purpose
- 1 cup skim milk
- 1 cup skim milk

- 1 onion chopped
- 1 cup peas frozen
- 0.5 bell pepper diced red seeded
- 0.5 teaspoon salt
- 8 servings salt and pepper
- 1.5 pounds chicken breast boneless skinless cut into 1-inch pieces
- 3 tablespoons butter unsalted cut into small pieces

Equipment

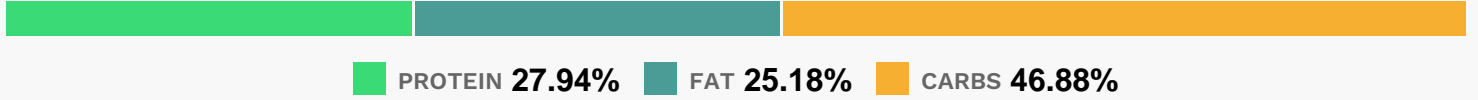
- food processor
- frying pan
- oven
- pot
- baking pan
- cookie cutter

Directions

- Make filling: Warm oil in a large skillet over medium-high heat.
- Add onion, celery and bell pepper and cook, stirring often, until softened, about 7 minutes.
- Add flour and stir for 1 minute.
- Pour in broth and bring to a boil, scraping browned bits from bottom of skillet, until mixture is thick and creamy.
- Reduce heat to medium-low and stir in milk.
- Add chicken and cook, stirring, until firm and opaque, about 7 minutes. Stir in peas and carrots. Season with salt and pepper.
- Pour into a 2-quart baking dish.
- Make topping: Preheat oven to 425F. In a food processor, pulse flour, baking powder and salt.
- Add butter and pulse until mixture resembles coarse meal. With processor on, add oil and 1 cup milk. Process just until dough forms a ball. Turn out onto floured work surface; knead for 10 seconds.

- Roll dough to 1/2-inch thickness. Use a 2-inch cookie cutter to form 16 biscuits.
- Place biscuits on top of filling and brush with remaining milk.
- Bake pot pie until filling is bubbling and biscuits are lightly browned on top, about 25 minutes.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:61.33, Glycemic Load:28.69, Inflammation Score:-10, Nutrition Score:23.976956491885%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg 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: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 391.19kcal (19.56%), Fat: 10.8g (16.62%), Saturated Fat: 3.58g (22.37%), Carbohydrates: 45.24g (15.08%), Net Carbohydrates: 42.12g (15.32%), Sugar: 6.25g (6.94%), Cholesterol: 69.32mg (23.11%), Sodium: 909.74mg (39.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.96g (53.91%), Selenium: 45.16µg (64.51%), Vitamin A: 3203.45IU (64.07%), Vitamin B3: 12.52mg (62.62%), Vitamin B6: 0.78mg (39.16%), Vitamin B1: 0.54mg (36.27%), Phosphorus: 352.32mg (35.23%), Vitamin B2: 0.49mg (29.03%), Folate: 111.32µg (27.83%), Manganese: 0.5mg (24.92%), Vitamin C: 19.71mg (23.89%), Potassium: 613.63mg (17.53%), Vitamin B5: 1.75mg (17.51%), Calcium: 169.19mg (16.92%), Iron: 3.04mg (16.88%), Magnesium: 51.13mg (12.78%), Fiber: 3.12g (12.48%), Zinc: 1.47mg (9.79%), Vitamin K: 10.14µg (9.66%), Vitamin B12: 0.55µg (9.2%), Vitamin E: 1.2mg (8.03%), Copper: 0.15mg (7.58%), Vitamin D: 0.84µg (5.58%)