

Chicken Pot Pie

READY IN



20 min.

SERVINGS



6

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby corns frozen
- ☐ 0.5 cup butter
- ☐ 14 ounce chicken broth low-sodium canned
- ☐ 3 cups roasted chicken cooked chopped
- ☐ 1 large egg yolk
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon optional: dill fresh divided chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 small onion chopped

- ☐ 0.5 cup peas frozen
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon water
- ☐ 1 teaspoon worcestershire sauce

Equipment

- ☐ oven
- ☐ whisk
- ☐ pie form

Directions

- ☐ Preheat oven to 40
- ☐ Melt butter over medium heat. Saut leeks 7 minutes.
- ☐ Sprinkle flour over leeks. Cook, stirring constantly, for 3 minutes.
- ☐ Whisk in chicken broth and next 3 ingredients; bring to a boil.
- ☐ Remove from heat.
- ☐ Add peas, corn blend, parsley, 2 teaspoons dill, and chicken.
- ☐ Mix well.
- ☐ Pour into a greased 9-inch deep pie dish.
- ☐ Whisk together egg yolk and 1 tablespoon water, and brush underside of crust edge with egg wash.
- ☐ Place crust, brushed side down, over pie; crimp or use back of fork to seal rim of crust around dish.
- ☐ Cut 4 to 5 vents in the pastry.
- ☐ Brush top with egg wash, and sprinkle with remaining 1 teaspoon dill.
- ☐ Bake at 400 for 30 to 35 minutes or until pastry is golden brown and mixture is bubbling.
- ☐ *For testing purposes, we used Birdseye baby corn mix with corn, carrots, and broccoli.

Nutrition Facts



PROTEIN 23.02% **FAT 47.98%** **CARBS 29%**

Properties

Glycemic Index:55.14, Glycemic Load:15.34, Inflammation Score:-8, Nutrition Score:17.293913011966%

Flavonoids

Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg

Nutrients (% of daily need)

Calories: 411.48kcal (20.57%), Fat: 22.58g (34.74%), Saturated Fat: 11.58g (72.4%), Carbohydrates: 30.72g (10.24%), Net Carbohydrates: 27.22g (9.9%), Sugar: 5.73g (6.36%), Cholesterol: 123.77mg (41.26%), Sodium: 503.65mg (21.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.38g (48.76%), Vitamin K: 59.61µg (56.77%), Vitamin B3: 8.78mg (43.91%), Selenium: 23.04µg (32.92%), Phosphorus: 267.78mg (26.78%), Vitamin B6: 0.48mg (23.82%), Vitamin A: 1141.55IU (22.83%), Vitamin C: 15.76mg (19.11%), Vitamin B1: 0.26mg (17.01%), Manganese: 0.32mg (16.04%), Folate: 63.98µg (16%), Vitamin B2: 0.27mg (15.9%), Vitamin B5: 1.55mg (15.48%), Potassium: 509.31mg (14.55%), Fiber: 3.5g (14%), Zinc: 2.03mg (13.54%), Iron: 2.43mg (13.48%), Magnesium: 48.17mg (12.04%), Copper: 0.17mg (8.54%), Vitamin B12: 0.36µg (5.94%), Vitamin E: 0.64mg (4.27%), Calcium: 38.12mg (3.81%), Vitamin D: 0.15µg (1.02%)