



## Chicken Pot Pie

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 pound carrots
- ☐ 3 cups bite-size pieces skinned chicken cooked
- ☐ 3.5 tablespoons cornstarch
- ☐ 1 tablespoon eggs beaten
- ☐ 0.5 cup fat-skimmed chicken broth
- ☐ 3 cups fat-skimmed chicken broth
- ☐ 0.5 pound green beans
- ☐ 1 tablespoon herbes de provence or dried crumbled

- ☐ 10 oz puff pastry shells frozen thawed
- ☐ 0.5 pound thin-skinned potatoes red ()
- ☐ 6 servings salt and pepper

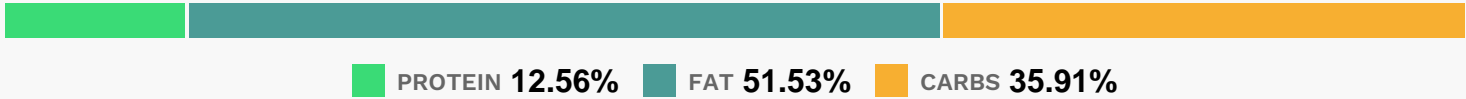
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ ramekin

## Directions

- ☐ Scrub potatoes and cut into quarters. Peel carrots, and trim and discard ends; cut carrots diagonally into 1/4-inch-thick slices. Rinse beans, and trim and discard ends; cut beans into 1 1/2-inch lengths.
- ☐ In a covered 5- to 6-quart pan over high heat, bring potatoes, carrots, broth, and herbs to a boil. Reduce heat and simmer until carrots are almost tender when pierced, about 5 minutes.
- ☐ Add beans; cover and simmer until all the vegetables are tender when pierced, 3 to 5 minutes longer.
- ☐ In a small bowl, mix cornstarch and cream.
- ☐ Add to vegetable mixture and stir until boiling, about 2 minutes.
- ☐ Remove from heat and stir in chicken.
- ☐ Add salt and pepper to taste. Spoon equally into 6 round souffl dishes or ramekins (1-cup size; 3 1/2 to 4 1/2 in. wide).
- ☐ Let cool to room temperature, about 35 minutes.
- ☐ Meanwhile, on a lightly floured board, roll each puff pastry shell into a round about 1 inch wider than the diameter of souffl dishes.
- ☐ Brush egg around edge of each pastry in a border about 1/2 inch wide. Invert a pastry onto each dish, egg side down, and press edges firmly against sides of dish.
- ☐ Brush egg lightly over pastry tops and sides. Set dishes at least 1 inch apart in a 10- by 15-inch pan.
- ☐ Bake in a 400 regular or convection oven until pastry is richly browned, 15 to 25 minutes.

# Nutrition Facts



## Properties

Glycemic Index:24.81, Glycemic Load:13.48, Inflammation Score:-10, Nutrition Score:18.843478236509%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

## Nutrients (% of daily need)

Calories: 425.06kcal (21.25%), Fat: 24.53g (37.73%), Saturated Fat: 6.35g (39.7%), Carbohydrates: 38.46g (12.82%), Net Carbohydrates: 34.74g (12.63%), Sugar: 4.08g (4.53%), Cholesterol: 37.98mg (12.66%), Sodium: 919.36mg (39.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.45g (26.9%), Vitamin A: 6671.13IU (133.42%), Vitamin K: 41.96µg (39.96%), Vitamin B3: 6.44mg (32.2%), Selenium: 21.25µg (30.36%), Manganese: 0.5mg (24.88%), Vitamin B1: 0.31mg (20.76%), Iron: 3.41mg (18.95%), Folate: 69.93µg (17.48%), Vitamin B2: 0.29mg (17.32%), Vitamin B6: 0.34mg (17.03%), Phosphorus: 156.87mg (15.69%), Potassium: 522.87mg (14.94%), Fiber: 3.72g (14.88%), Vitamin C: 11.04mg (13.38%), Magnesium: 40.78mg (10.19%), Copper: 0.2mg (10.06%), Vitamin B5: 0.84mg (8.4%), Zinc: 1.16mg (7.75%), Vitamin B12: 0.41µg (6.76%), Calcium: 58.68mg (5.87%), Vitamin E: 0.85mg (5.7%)