



## Chicken Pot Pie

 Dairy Free

READY IN



155 min.

SERVINGS



8

CALORIES



687 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 slices to 4 bacon
- 3 carrots diced cooked
- 2 large rib celery chopped
- 2 celery stalk tops with leaves
- 0.1 teaspoon thyme leaves dried
- 0.5 cup flour all-purpose
- 3 green onions sliced
- 8.5 ounce peas sweet green drained canned

- 3 hard-cooked eggs sliced
- 0.3 teaspoon pepper
- 15 ounce piecrusts refrigerated
- 1 teaspoon salt
- 1.3 teaspoons salt
- 5 cups water
- 3.5 pound meat from a rotisserie chicken whole
- 8 servings cranberry sauce

## Equipment

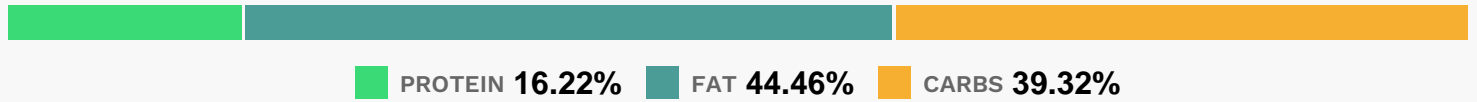
- frying pan
- paper towels
- oven
- whisk
- baking pan
- dutch oven

## Directions

- Bring first 5 ingredients to a boil in a large Dutch oven; reduce heat, and simmer mixture 1 1/2 hours or until chicken is done.
- Remove chicken, reserving 3 1/2 cups broth in Dutch oven; discard celery tops.
- Let chicken cool; skin, bone, and cut into bite-size pieces.
- Cook bacon in a large skillet until crisp; remove bacon, and drain on paper towels, reserving 3 tablespoons drippings in skillet. Crumble bacon, and set aside.
- Saut green onions and chopped celery in hot drippings in skillet over medium heat 5 minutes or until tender. Gradually whisk in flour until blended. Gradually add reserved broth; cook, whisking constantly, 3 minutes or until thickened and bubbly. Stir in chicken, bacon, eggs, and next 5 ingredients.
- Spoon mixture into a 3-quart baking dish, and top with refrigerated piecrust.
- Bake at 450 for 25 minutes or until golden and bubbly.

Serve with cranberry sauce.

## Nutrition Facts



### Properties

Glycemic Index:36.77, Glycemic Load:6.28, Inflammation Score:-10, Nutrition Score:22.277391060539%

### Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 1.9mg, Myricetin: 1.9mg, Myricetin: 1.9mg, Myricetin: 1.9mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

### Nutrients (% of daily need)

Calories: 686.51kcal (34.33%), Fat: 33.84g (52.06%), Saturated Fat: 10.2g (63.76%), Carbohydrates: 67.35g (22.45%), Net Carbohydrates: 62.52g (22.74%), Sugar: 25.41g (28.23%), Cholesterol: 146.82mg (48.94%), Sodium: 1046.07mg (45.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.77g (55.55%), Vitamin A: 4367.18IU (87.34%), Vitamin B3: 9.67mg (48.36%), Selenium: 27.71µg (39.59%), Phosphorus: 276.3mg (27.63%), Vitamin B1: 0.41mg (27.23%), Manganese: 0.53mg (26.48%), Vitamin K: 26.91µg (25.63%), Vitamin B6: 0.5mg (25.21%), Vitamin B2: 0.42mg (24.61%), Folate: 93.48µg (23.37%), Iron: 3.76mg (20.87%), Vitamin C: 16.51mg (20.02%), Fiber: 4.83g (19.3%), Zinc: 2.32mg (15.48%), Vitamin B5: 1.53mg (15.25%), Potassium: 462.97mg (13.23%), Magnesium: 48.37mg (12.09%), Vitamin E: 1.63mg (10.9%), Copper: 0.21mg (10.68%), Vitamin B12: 0.54µg (9.08%), Calcium: 57.87mg (5.79%), Vitamin D: 0.64µg (4.24%)