



Chicken Pot Pie a la Jeremy and Jasmin

READY IN



75 min.

SERVINGS



8

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 cup regular corn canned
- ☐ 0.5 cup carrots canned sliced
- ☐ 0.3 teaspoon celery seed
- ☐ 1.8 cups chicken broth
- ☐ 1 pound chicken breast cubed cooked
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup green beans canned
- ☐ 0.3 teaspoon ground pepper black

- ☐ 0.7 cup milk
- ☐ 0.3 cup onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 9-inch unbaked pie crusts ()

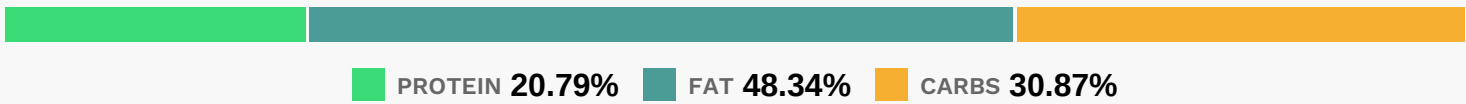
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ pie form

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Heat butter in a saucepan over medium heat; cook and stir onion until soft and translucent, 5 to 10 minutes.
- ☐ Sprinkle flour, salt, black pepper, and celery seed over onion; stir until coated. Slowly pour broth and milk over onion mixture, stirring constantly. Bring mixture to a simmer over medium-low heat and cook until thickened, about 10 minutes.
- ☐ Remove saucepan from heat.
- ☐ Press 1 pie crust into a 9-inch pie dish. Fill crust with chicken, corn, green beans, and carrots.
- ☐ Pour hot liquid mixture over filling. Cover pie with remaining pie crust, seal edges, and cut away excess dough.
- ☐ Cut several slits into the top crust for ventilation during baking.
- ☐ Bake in the preheated oven until crust is golden brown and filling is bubbling, 30 to 35 minutes. Cool for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:39.35, Glycemic Load:3.91, Inflammation Score:-8, Nutrition Score:13.793912996417%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 448.6kcal (22.43%), Fat: 23.88g (36.74%), Saturated Fat: 9.96g (62.26%), Carbohydrates: 34.32g (11.44%), Net Carbohydrates: 32.2g (11.71%), Sugar: 2.33g (2.59%), Cholesterol: 72mg (24%), Sodium: 688.45mg (29.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.11g (46.22%), Vitamin B3: 9.91mg (49.53%), Vitamin A: 1714.6IU (34.29%), Selenium: 21.09µg (30.12%), Phosphorus: 213.85mg (21.38%), Vitamin B6: 0.42mg (20.97%), Manganese: 0.36mg (18.2%), Vitamin B1: 0.26mg (17.56%), Vitamin B2: 0.26mg (15.34%), Folate: 59.86µg (14.97%), Iron: 2.43mg (13.47%), Vitamin K: 11.66µg (11.1%), Potassium: 329.08mg (9.4%), Vitamin B5: 0.93mg (9.25%), Magnesium: 35.74mg (8.94%), Fiber: 2.12g (8.49%), Zinc: 1.08mg (7.19%), Calcium: 59.23mg (5.92%), Vitamin B12: 0.33µg (5.48%), Copper: 0.1mg (5.2%), Vitamin E: 0.75mg (4.99%), Vitamin C: 2.97mg (3.6%), Vitamin D: 0.28µg (1.87%)