

Chicken Pot Pie (Egg-Free, Nut-Free)

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



708 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoons canola oil
- ☐ 1 cup celery chopped
- ☐ 1.5 cups chicken broth
- ☐ 2 cups meat from a rotisserie chicken cubed cooked
- ☐ 1 teaspoon curry powder (yummy, but optional if you don't like curry)
- ☐ 3 tablespoons dairy-free margarine
- ☐ 3 tablespoons flour
- ☐ 0.5 teaspoon ground pepper fresh

- ☐ 1 cup onion chopped
- ☐ 1 package puff pastry (Pepperidge Farm is dairy free)
- ☐ 1 teaspoon salt
- ☐ 0.5 cup soy milk
- ☐ 4 cups vegetable mix frozen (peas, carrots, corn, etc.)

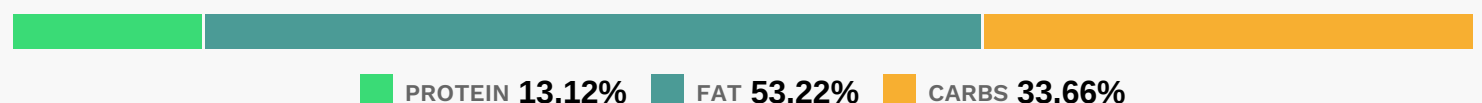
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F.Toss frozen vegetables with canola oil and spread evenly onto a sheet pan.
- ☐ Place into oven and cook until golden brown.In a saute pan heat 1 tablespoon of butter and sweat the onion and celery.In another saucepan, heat the broth and milk.
- ☐ Add 2 more tablespoons of butter to the celery mix and cook out the water.
- ☐ Add the flour and curry and cook for 1 to 2 minutes.
- ☐ Whisk in the hot milk mixture and cook until thickened.
- ☐ Add the salt and pepper.Toss the browned vegetables and the chicken.
- ☐ Pour into a shallow baking pan and top with puff pastry.
- ☐ Place into the oven and cook until puff pastry has browned and the mixture is hot and bubbly, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:50.9, Glycemic Load:28.02, Inflammation Score:-10, Nutrition Score:25.202173787615%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg

Nutrients (% of daily need)

Calories: 707.56kcal (35.38%), Fat: 42.36g (65.16%), Saturated Fat: 10.26g (64.13%), Carbohydrates: 60.26g (20.09%), Net Carbohydrates: 53.13g (19.32%), Sugar: 2.73g (3.03%), Cholesterol: 36.17mg (12.06%), Sodium: 970.79mg (42.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.49g (46.99%), Vitamin A: 6607.36IU (132.15%), Selenium: 33.95µg (48.51%), Vitamin B3: 9.7mg (48.48%), Manganese: 0.84mg (42.17%), Vitamin B1: 0.57mg (38.19%), Folate: 126.04µg (31.51%), Vitamin B2: 0.51mg (30.19%), Fiber: 7.13g (28.53%), Iron: 4.33mg (24.04%), Vitamin K: 24.35µg (23.19%), Phosphorus: 230.07mg (23.01%), Vitamin B6: 0.42mg (21.06%), Vitamin C: 16.57mg (20.08%), Vitamin E: 2.85mg (19%), Potassium: 548.33mg (15.67%), Magnesium: 59.06mg (14.76%), Copper: 0.29mg (14.62%), Zinc: 1.89mg (12.58%), Calcium: 89.98mg (9%), Vitamin B5: 0.75mg (7.5%), Vitamin B12: 0.36µg (5.99%), Vitamin D: 0.24µg (1.57%)