

Chicken Pot Pie II

READY IN



45 min.

SERVINGS



4

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter
- 1 cup celery chopped
- 1.5 pounds rotisserie chicken breast meat boneless skinless
- 1 cup chicken broth
- 0.5 teaspoon thyme leaves dried
- 1 eggs lightly beaten
- 9 inch pastry for a 9 inch single crust pie
- 0.3 cup flour all-purpose
- 1 tablespoon parsley fresh chopped

- 2 cups vegetables mixed frozen thawed
- 0.3 teaspoon ground pepper black
- 1.5 cups milk
- 1 onion chopped
- 0.5 teaspoon salt

Equipment

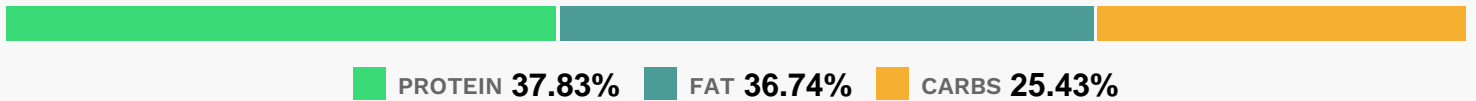
- frying pan
- sauce pan
- oven
- casserole dish
- measuring cup

Directions

- In a large saucepan over medium high heat, combine the chicken meat, chicken broth, salt and pepper. Bring to a boil and reduce heat to low. Cover and let simmer for 30 minutes, or until chicken is no longer pink in the center and the juices run clear.
- Remove the chicken and let cool.
- Pour the remaining chicken broth mixture into a measuring cup.
- Let stand; spoon off fat.
- Add enough milk to the broth mixture to equal 2 1/2 cups.
- Cut chicken into 1/2 inch pieces.
- In the same pan, melt butter or margarine over medium heat.
- Add the onion and celery.
- Saute, stirring, for 3 minutes. Stir in flour until well blended. Gradually stir in broth mixture. Simmer, stirring constantly, until the sauce thickens and boils.
- Add the chicken, vegetables, parsley and thyme.
- Pour mixture into a 1 1/2 quart deep casserole dish.
- Preheat oven to 400 degrees F (200 degrees C).

- Roll out pastry 1 inch larger than the diameter of the casserole dish on a lightly floured surface.
- Cut slits in the pastry for venting air.
- Place pastry on top of casserole.
- Roll edges and cut away extra pastry; flute edges by pinching together. Reroll scraps to cut into decorative designs.
- Place on top of pastry.
- Brush pastry with beaten egg and bake in the preheated oven for 30 minutes or until the crust is golden brown and the filling is bubbling.
- Let cool for 10 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:96.75, Glycemic Load:13.35, Inflammation Score:-10, Nutrition Score:33.403912751571%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 486.55kcal (24.33%), Fat: 19.86g (30.56%), Saturated Fat: 9.1g (56.88%), Carbohydrates: 30.93g (10.31%), Net Carbohydrates: 25.94g (9.43%), Sugar: 6.29g (6.99%), Cholesterol: 184.51mg (61.5%), Sodium: 903.03mg (39.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.02g (92.04%), Vitamin A: 5346.86IU (106.94%), Vitamin B3: 20.1mg (100.52%), Selenium: 65.42µg (93.45%), Vitamin B6: 1.5mg (74.78%), Phosphorus: 559.7mg (55.97%), Vitamin B2: 0.55mg (32.55%), Vitamin B5: 3.25mg (32.46%), Potassium: 1116.52mg (31.9%), Vitamin B1: 0.41mg (27.5%), Vitamin K: 28.59µg (27.23%), Manganese: 0.47mg (23.49%), Magnesium: 88.89mg (22.22%), Fiber: 4.99g (19.96%), Folate: 78.4µg (19.6%), Vitamin C: 15.72mg (19.05%), Calcium: 177.87mg (17.79%), Vitamin B12: 0.96µg (16.03%), Iron: 2.7mg (14.99%), Zinc: 2.17mg (14.45%), Copper: 0.19mg (9.69%), Vitamin D: 1.4µg (9.31%), Vitamin E: 0.88mg (5.87%)