

# Chicken Pot Pie IV

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 chicken breast halves boneless cooked chopped
- 1 head broccoli fresh chopped
- 1 carrots chopped
- 10.8 ounce cream of chicken soup canned
- 0.7 cup milk
- 0.5 teaspoon salt
- 1 cup cheddar cheese shredded

## Equipment

- bowl
- oven
- pot
- pie form

## Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Steam carrots and broccoli in a covered pot for 3 minutes, until slightly tender but still firm.
- In a large bowl, mix together carrots, broccoli, chicken, soup, milk, cheese, and salt. Spoon mixture into pastry-lined 9 inch pie pan and cover with top crust. Seal edges and cut steam vents in top.
- Bake in preheated oven for 30 minutes, until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:23.35, Glycemic Load:2.85, Inflammation Score:-9, Nutrition Score:18.043913063796%

## Flavonoids

Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 5.98mg, Kaempferol: 5.98mg, Kaempferol: 5.98mg, Kaempferol: 5.98mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

## Nutrients (% of daily need)

Calories: 165.29kcal (8.26%), Fat: 8.68g (13.36%), Saturated Fat: 3.99g (24.91%), Carbohydrates: 9.8g (3.27%), Net Carbohydrates: 7.61g (2.77%), Sugar: 2.88g (3.2%), Cholesterol: 37.69mg (12.56%), Sodium: 575.98mg (25.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.08g (26.15%), Vitamin C: 68.62mg (83.17%), Vitamin K: 80.54µg (76.71%), Vitamin A: 1999.59IU (39.99%), Selenium: 16.06µg (22.94%), Phosphorus: 209.19mg (20.92%), Vitamin B6: 0.38mg (18.86%), Vitamin B3: 3.69mg (18.43%), Calcium: 169.95mg (16.99%), Folate: 54.19µg (13.55%), Vitamin B2: 0.23mg (13.5%), Potassium: 429.16mg (12.26%), Vitamin B5: 1.07mg (10.66%), Manganese: 0.2mg (10.16%), Fiber: 2.19g (8.76%), Zinc: 1.21mg (8.04%), Magnesium: 32mg (8%), Vitamin E: 1.02mg (6.79%), Vitamin B1: 0.1mg (6.5%), Iron: 1.11mg (6.17%), Vitamin B12: 0.32µg (5.27%), Copper: 0.1mg (5.1%), Vitamin D: 0.34µg (2.24%)