



Chicken Pot Pie IX

 Popular

READY IN



70 min.

SERVINGS



8

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 0.3 cup butter
- 1 cup carrots sliced
- 0.5 cup celery sliced
- 0.3 teaspoon celery seed
- 1.8 cups chicken broth
- 0.3 cup flour all-purpose
- 0.7 cup milk

- 0.3 cup onion chopped
- 1 cup peas green frozen
- 0.5 teaspoon salt
- 1 pound chicken breast halves boneless skinless cubed
- 2 9-inch unbaked pie crusts ()

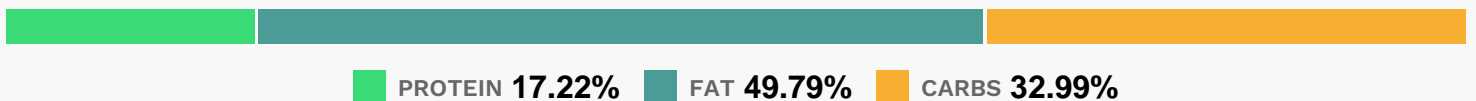
Equipment

- sauce pan
- oven

Directions

- Preheat oven to 425 degrees F (220 degrees C.)
- In a saucepan, combine chicken, carrots, peas, and celery.
- Add water to cover and boil for 15 minutes.
- Remove from heat, drain and set aside.
- In the saucepan over medium heat, cook onions in butter until soft and translucent. Stir in flour, salt, pepper, and celery seed. Slowly stir in chicken broth and milk. Simmer over medium-low heat until thick.
- Remove from heat and set aside.
- Place the chicken mixture in bottom pie crust.
- Pour hot liquid mixture over. Cover with top crust, seal edges, and cut away excess dough. Make several small slits in the top to allow steam to escape.
- Bake in the preheated oven for 30 to 35 minutes, or until pastry is golden brown and filling is bubbly. Cool for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:43.15, Glycemic Load:4.62, Inflammation Score:-9, Nutrition Score:16.088695738627%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 420.39kcal (21.02%), Fat: 23.13g (35.58%), Saturated Fat: 9.68g (60.51%), Carbohydrates: 34.48g (11.49%), Net Carbohydrates: 31.38g (11.41%), Sugar: 3.37g (3.75%), Cholesterol: 60.09mg (20.03%), Sodium: 692.35mg (30.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18g (35.99%), Vitamin A: 3128.31IU (62.57%), Vitamin B3: 8.28mg (41.38%), Selenium: 23.86µg (34.08%), Vitamin B6: 0.53mg (26.54%), Phosphorus: 214.62mg (21.46%), Manganese: 0.41mg (20.74%), Vitamin B1: 0.3mg (20.05%), Folate: 65.46µg (16.37%), Vitamin B2: 0.27mg (15.76%), Vitamin K: 13.09µg (12.46%), Fiber: 3.1g (12.44%), Potassium: 429.19mg (12.26%), Vitamin B5: 1.21mg (12.11%), Iron: 2.17mg (12.03%), Vitamin C: 9.57mg (11.6%), Magnesium: 36.18mg (9.04%), Zinc: 1.01mg (6.71%), Calcium: 57.79mg (5.78%), Copper: 0.11mg (5.7%), Vitamin E: 0.74mg (4.93%), Vitamin B12: 0.25µg (4.16%), Vitamin D: 0.28µg (1.87%)