



Chicken Pot Pie Soup

 Popular

READY IN



35 min.

SERVINGS



6

CALORIES



648 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 1.5 cups all purpose flour
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup butter cold
- ☐ 0.3 teaspoon cajun spice
- ☐ 1 cup carrots frozen
- ☐ 1 stalk celery (rib)
- ☐ 1 tablespoon chicken stock cube

- ☐ 3 cups chicken broth
- ☐ 3 cups meat from a rotisserie chicken cooked chopped
- ☐ 0.5 teaspoon rosemary dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 can green beans
- ☐ 1 cup half and half
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup peas frozen
- ☐ 0.3 teaspoon poultry seasoning
- ☐ 3 medium russet potatoes
- ☐ 3 tablespoons butter unsalted
- ☐ 2 cups water
- ☐ 4 tablespoons iced water
- ☐ 1.5 cups onion sweet yellow

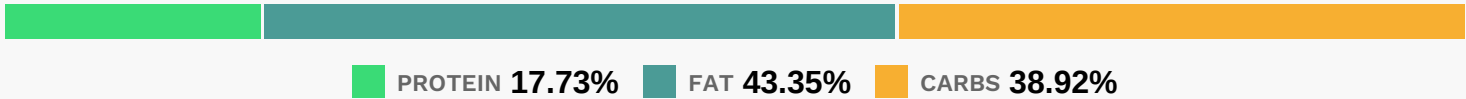
Equipment

- ☐ pot

Directions

- ☐ Recipe: Chicken Pot Pie Soup with Pie Crust Crackers
- ☐ From the Kitchen of Deep South Dish
- ☐ Prep time: 10 min |Cook time: 25 min |

Nutrition Facts



Properties

Glycemic Index:99.65, Glycemic Load:39.56, Inflammation Score:-10, Nutrition Score:29.223913096863%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 9.38mg, Quercetin: 9.38mg, Quercetin: 9.38mg, Quercetin: 9.38mg

Nutrients (% of daily need)

Calories: 647.75kcal (32.39%), Fat: 31.44g (48.37%), Saturated Fat: 17.63g (110.16%), Carbohydrates: 63.52g (21.17%), Net Carbohydrates: 57.07g (20.75%), Sugar: 8.7g (9.66%), Cholesterol: 124.8mg (41.6%), Sodium: 1064.34mg (46.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.93g (57.87%), Vitamin A: 4950.55IU (99.01%), Vitamin B3: 10.33mg (51.63%), Selenium: 33.81µg (48.3%), Vitamin B6: 0.88mg (44.08%), Vitamin B1: 0.6mg (40.3%), Manganese: 0.8mg (40.14%), Phosphorus: 348.91mg (34.89%), Vitamin B2: 0.59mg (34.86%), Vitamin K: 36.37µg (34.64%), Folate: 135.16µg (33.79%), Vitamin C: 25.92mg (31.42%), Potassium: 1027.94mg (29.37%), Iron: 4.78mg (26.55%), Fiber: 6.45g (25.8%), Magnesium: 81.55mg (20.39%), Copper: 0.34mg (17.24%), Zinc: 2.46mg (16.39%), Vitamin B5: 1.58mg (15.79%), Calcium: 130.57mg (13.06%), Vitamin E: 1.2mg (7.97%), Vitamin B12: 0.35µg (5.83%)