

Chicken Pot Pie VIII

READY IN



70 min.

SERVINGS



8

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings pepper black to taste
- 3 tablespoons butter
- 2 carrots finely chopped
- 2 stalks celery finely chopped
- 3 cups chicken broth
- 3 cups meat from a rotisserie chicken cooked chopped
- 0.5 cup flour all-purpose
- 1.5 cups mushrooms sliced
- 2 tablespoons onion finely chopped

- 2 potatoes cubed peeled
- 1 teaspoon salt
- 6 tablespoons water cold
- 0.8 cup lard
- 0.8 cup lard

Equipment

- bowl
- frying pan
- sauce pan
- oven

Directions

- In a large bowl, combine 2 cups flour and 1 teaspoon salt.
- Cut in lard until mixture resembles coarse crumbs. Stir in water until mixture forms a ball. Divide dough in half and shape into balls. Wrap in plastic and refrigerate for 4 hours or overnight.
- Roll one ball out to fit a 9 inch pie plate.
- Place bottom crust in pie plate.
- Roll out top crust and set aside.
- Preheat oven to 400 degrees F (200 degrees C.)
- In a large saucepan, melt 1/2 cup butter. Blend in flour, salt, pepper and onion. Gradually stir in chicken broth. Cook, stirring constantly until smooth and thickened. In a separate pan, saute mushrooms in 3 tablespoons of butter, then stir into saucepan. Stir in chicken, carrot, celery and potatoes.
- Mix well and pour into bottom pie crust. 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 minutes, or until pastry is golden brown, and filling is bubbly.

Nutrition Facts



■ PROTEIN 30.93% ■ FAT 34.61% ■ CARBS 34.46%

Properties

Glycemic Index:47.32, Glycemic Load:11.85, Inflammation Score:-9, Nutrition Score:12.893478309979%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 212.91kcal (10.65%), Fat: 8.17g (12.57%), Saturated Fat: 3.71g (23.17%), Carbohydrates: 18.3g (6.1%), Net Carbohydrates: 16.08g (5.85%), Sugar: 2.14g (2.38%), Cholesterol: 52.42mg (17.48%), Sodium: 714.22mg (31.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.43g (32.85%), Vitamin A: 2748.71IU (54.97%), Vitamin B3: 6.19mg (30.95%), Selenium: 17.88µg (25.54%), Vitamin B6: 0.43mg (21.32%), Phosphorus: 168.48mg (16.85%), Vitamin B2: 0.27mg (16.14%), Vitamin C: 12.26mg (14.86%), Potassium: 506.97mg (14.48%), Vitamin B1: 0.18mg (12.22%), Manganese: 0.24mg (12.08%), Vitamin B5: 1.06mg (10.56%), Copper: 0.18mg (9.19%), Iron: 1.65mg (9.16%), Folate: 35.65µg (8.91%), Fiber: 2.22g (8.87%), Zinc: 1.22mg (8.16%), Magnesium: 31.07mg (7.77%), Vitamin K: 6.52µg (6.21%), Vitamin B12: 0.19µg (3.1%), Calcium: 29.75mg (2.98%), Vitamin E: 0.3mg (1.99%)