



Chicken Pot Pie with Cheddar Crust

READY IN



152 min.

SERVINGS



12

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds baby carrots halved
- ☐ 4 tablespoons butter
- ☐ 1 bunch celery diced
- ☐ 3 pounds chicken pieces bone-in
- ☐ 2 cups cup heavy whipping cream
- ☐ 1 egg yolk lightly beaten
- ☐ 2 cups flour
- ☐ 0.3 cup green onion tops chopped
- ☐ 0.3 cup ice water

- ☐ 1 onion diced
- ☐ 0.3 cup parsley chopped
- ☐ 2.5 pounds potatoes diced peeled
- ☐ 1 pinch salt
- ☐ 1 cup cheddar cheese shredded
- ☐ 6 quarts water

Equipment

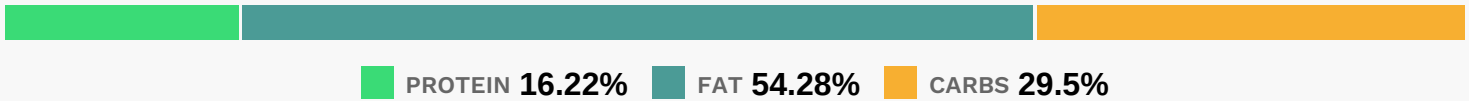
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ baking pan

Directions

- ☐ Place the chicken into a pot with the water, add salt, and simmer over medium heat until meat is falling off of the bones, about 40 minutes.
- ☐ Remove from heat, and cool.
- ☐ Remove chicken from broth, reserving broth.
- ☐ Remove the meat from the chicken, cutting large pieces into chunks. Discard skin and bones.
- ☐ Meanwhile, place the potatoes into a large pot, and fill with enough water to cover. Bring to a boil over, and cook 8 minutes.
- ☐ Add the celery, and cook 2 minutes more.
- ☐ Drain, and place into a large bowl.
- ☐ Bring a second pot of water to a boil over medium-high heat.
- ☐ Add the carrots, and cook 5 minutes.
- ☐ Add the onion and cook 3 minutes more.

- ☐ Remove from heat and drain.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 baking dish.
- ☐ Melt 4 tablespoons of butter in a skillet over medium heat. Stir in the carrots and onion, and cook until tender, about 15 minutes.
- ☐ Mix with the potatoes and celery. Stir in the chicken.
- ☐ To make the sauce, melt 7 tablespoons of butter in a pot over medium heat.
- ☐ Whisk 6 tablespoons of flour into the butter, and cook until light brown and paste-like, about 3 minutes. Slowly whisk in the cream and 2 cups of the reserved chicken broth. Continue whisking until the mixture thickens, about 5 minutes. Stir in the parsley and green onions. Season to taste with salt and pepper.
- ☐ Pour the cream sauce over the vegetables and chicken mixture, tossing to coat evenly. Spoon the mixture into the prepared baking dish.
- ☐ To make the Cheddar crust, cut 4 tablespoons butter into 2 cups of flour until the mixture is pea-sized. Stir in the Cheddar cheese and sprinkle the ice water over the mixture, gathering the dough into a soft ball. Knead gently until smooth and elastic.
- ☐ Roll dough out on a lightly floured surface until large enough to cover the entire baking dish.
- ☐ Place over the chicken mixture in the baking dish, tucking in edges to fit.
- ☐ Brush with the beaten egg yolk. Pierce top in a few places with a fork or knife to vent steam.
- ☐ Bake in preheated oven until top is golden; 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:29.9, Glycemic Load:23.9, Inflammation Score:-10, Nutrition Score:24.037391165028%

Flavonoids

Apigenin: 2.79mg, Apigenin: 2.79mg, Apigenin: 2.79mg, Apigenin: 2.79mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 557.67kcal (27.88%), Fat: 33.73g (51.9%), Saturated Fat: 16.88g (105.49%), Carbohydrates: 41.24g (13.75%), Net Carbohydrates: 36.1g (13.13%), Sugar: 6.08g (6.76%), Cholesterol: 138.31mg (46.1%), Sodium: 253.25mg (11.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.69g (45.37%), Vitamin A: 11491.83IU (229.84%), Vitamin B3: 7.97mg (39.86%), Vitamin K: 37.78µg (35.98%), Selenium: 23.94µg (34.21%), Vitamin B6: 0.68mg (33.94%), Vitamin C: 24.89mg (30.17%), Phosphorus: 288.94mg (28.89%), Potassium: 827.45mg (23.64%), Vitamin B2: 0.39mg (22.69%), Folate: 90.35µg (22.59%), Vitamin B1: 0.33mg (21.92%), Manganese: 0.44mg (21.91%), Fiber: 5.14g (20.55%), Iron: 3.3mg (18.34%), Copper: 0.34mg (16.91%), Calcium: 163.96mg (16.4%), Vitamin B5: 1.59mg (15.92%), Magnesium: 61.89mg (15.47%), Zinc: 2.13mg (14.18%), Vitamin B12: 0.44µg (7.33%), Vitamin D: 0.93µg (6.18%), Vitamin E: 0.87mg (5.78%)