



## Chicken Pot Pie with Flaky Crust

READY IN



95 min.

SERVINGS



4

CALORIES



661 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 5 oz baby carrots quartered
- 12 oz campbell's chicken gravy
- 2 tablespoons cornstarch
- 1 eggs beaten
- 1 cup onion coarsely chopped
- 0.8 cup peas sweet frozen (from 1-lb bag)
- 0.3 teaspoon pepper
- 1 sheet puff pastry frozen thawed (from 17.3-oz package)
- 0.8 lb chicken breast boneless skinless cut into 1/2-inch pieces

- 0.5 cup cream sour
- 0.3 teaspoon thyme leaves dried
- 1 tablespoon vegetable oil

## Equipment

- bowl
- frying pan
- oven
- whisk
- aluminum foil
- rolling pin

## Directions

- Heat oven to 375F. On lightly floured surface, unroll puff pastry. With rolling pin, roll out into 11-inch square.
- Cut off corners to make an 11-inch round.
- Cut slits or small designs in several places in pastry; set aside.
- In 10-inch skillet, heat oil over medium-high heat.
- Add chicken; cook about 4 minutes, stirring frequently, until no longer pink in center.
- Add onion and carrots; cook 5 minutes, stirring frequently, until vegetables are crisp-tender.
- Remove from heat; stir in peas.
- In medium bowl, beat remaining ingredients except egg with wire whisk until well blended. Stir into chicken mixture in skillet. Spoon into 9-inch deep-dish glass pie plate.
- Place pastry over filling allowing to hang over edge.
- Bake 20 minutes.
- Brush crust with beaten egg. Cover edge of crust with strips of foil to prevent excessive browning.
- Bake 20 to 25 minutes longer or until crust is golden brown.
- Let stand 10 minutes before serving.

# Nutrition Facts

PROTEIN 16.27% FAT 54.77% CARBS 28.96%

## Properties

Glycemic Index:51.08, Glycemic Load:16.85, Inflammation Score:-10, Nutrition Score:24.9226086347%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

## Nutrients (% of daily need)

Calories: 661.09kcal (33.05%), Fat: 40.09g (61.67%), Saturated Fat: 11.64g (72.77%), Carbohydrates: 47.69g (15.9%), Net Carbohydrates: 43.43g (15.79%), Sugar: 7.84g (8.71%), Cholesterol: 119.12mg (39.71%), Sodium: 681.76mg (29.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.79g (53.57%), Vitamin A: 5655.11IU (113.1%), Selenium: 47.61µg (68.01%), Vitamin B3: 12.27mg (61.37%), Vitamin B6: 0.81mg (40.62%), Phosphorus: 310.72mg (31.07%), Manganese: 0.55mg (27.73%), Vitamin B1: 0.41mg (27.33%), Vitamin K: 27.19µg (25.89%), Vitamin B2: 0.42mg (24.54%), Folate: 92.99µg (23.25%), Vitamin C: 16.24mg (19.68%), Potassium: 614.43mg (17.56%), Fiber: 4.26g (17.04%), Vitamin B5: 1.7mg (16.99%), Iron: 2.95mg (16.38%), Magnesium: 53.16mg (13.29%), Copper: 0.21mg (10.46%), Zinc: 1.53mg (10.17%), Calcium: 74.05mg (7.41%), Vitamin E: 1.04mg (6.93%), Vitamin B12: 0.33µg (5.47%), Vitamin D: 0.31µg (2.03%)