



Chicken Pot Pie with Herb and Cheddar Crust

 Popular

READY IN



70 min.

SERVINGS



6

CALORIES



608 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.1 oz pie crust dough refrigerated softened (2 Count)
- 2 tablespoons flour all-purpose
- 1 tablespoon thyme sprigs fresh chopped
- 2 oz cheddar cheese shredded
- 0.3 cup butter
- 0.3 small onion chopped
- 1 large carrots chopped
- 1 stalk celery chopped

- 1 serving salt and pepper to taste
- 0.3 cup flour all-purpose
- 1.3 cups chicken broth (from 32-oz carton)
- 0.5 cup milk
- 2.5 cups chicken shredded cubed cooked
- 1 cup savory vegetable mixed frozen (from 12-oz bag)

Equipment

- sauce pan
- oven
- rolling pin

Directions

- Heat oven to 425°F.
- Remove pie crusts from pouches; unroll 1 crust in ungreased 9-inch glass pie plate. Press firmly against side and bottom of plate.
- Sprinkle 2 tablespoons flour on work surface; unroll second crust on surface.
- Sprinkle cheese and thyme evenly over crust, pressing into crust with hands, then with rolling pin so most of the cheese gets pressed into the dough.
- In 2-quart saucepan, melt butter over medium heat.
- Add onion, carrot and celery; cook 2 minutes, stirring frequently, until tender. Season well with salt and pepper. Stir in 1/3 cup flour until well blended. Gradually add broth and milk, stirring until thickened. Stir in chicken and mixed vegetables; heat until hot.
- Remove from heat.
- Spoon hot chicken mixture into crust-lined plate.
- Place herb and cheese crust, cheese side up, over filling; seal edge and flute.
- Cut slits in several places in top crust.
- Bake 30 to 40 minutes or until crust is golden brown.
- Let stand 5 minutes before serving.

Nutrition Facts

PROTEIN 15.97% FAT 53.04% CARBS 30.99%

Properties

Glycemic Index:76.81, Glycemic Load:7.46, Inflammation Score:-10, Nutrition Score:18.526087164879%

Flavonoids

Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 607.98kcal (30.4%), Fat: 35.74g (54.99%), Saturated Fat: 15.23g (95.19%), Carbohydrates: 46.99g (15.66%), Net Carbohydrates: 43.2g (15.71%), Sugar: 2.03g (2.26%), Cholesterol: 83.73mg (27.91%), Sodium: 709.06mg (30.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.22g (48.45%), Vitamin A: 4098.8IU (81.98%), Vitamin B3: 7.64mg (38.18%), Selenium: 24.91µg (35.58%), Phosphorus: 264.75mg (26.47%), Manganese: 0.51mg (25.75%), Vitamin B1: 0.37mg (24.45%), Vitamin B2: 0.39mg (23.02%), Folate: 83.75µg (20.94%), Iron: 3.48mg (19.31%), Vitamin B6: 0.35mg (17.71%), Fiber: 3.79g (15.16%), Calcium: 137.51mg (13.75%), Zinc: 1.93mg (12.86%), Vitamin B5: 1.12mg (11.18%), Potassium: 389.34mg (11.12%), Magnesium: 41.67mg (10.42%), Vitamin K: 9.61µg (9.15%), Copper: 0.15mg (7.55%), Vitamin C: 6.15mg (7.46%), Vitamin B12: 0.41µg (6.84%), Vitamin E: 0.8mg (5.35%), Vitamin D: 0.28µg (1.87%)