



## Chicken Pot Pie with Herb Crust

 **Gluten Free**

READY IN



**55 min.**

SERVINGS



**8**

CALORIES



**283 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 cups roasted chicken cooked
- 1 lb savory vegetable mixed frozen thawed
- 21.5 oz cream of chicken soup canned
- 10.5 oz cream of chicken soup canned
- 1.5 cups milk
- 0.5 teaspoon thyme leaves dried
- 0.3 teaspoon sage dried
- 1 serving parsley fresh chopped

2 cups frangelico

## Equipment

bowl

sauce pan

oven

dutch oven

glass baking pan

## Directions

Heat oven to 350°F. In 4-quart saucepan or Dutch oven, heat chicken, vegetables, soup and broth to boiling stirring occasionally. Boil and stir 1 minute.

Spread in ungreased 13x9-inch (3-quart) glass baking dish.

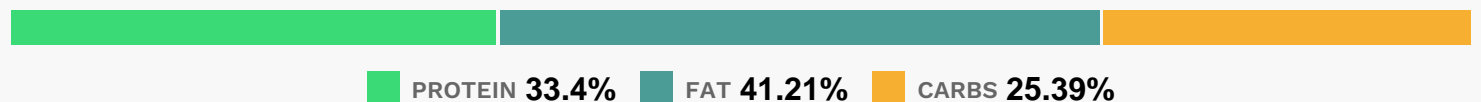
In medium bowl, stir together remaining ingredients except parsley; pour evenly over soup mixture (crust will rise during baking).

Bake uncovered 30 to 40 minutes or until golden brown.

Sprinkle with parsley.

Let stand 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:30.75, Glycemic Load:6.73, Inflammation Score:-9, Nutrition Score:15.257826152055%

## Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

## Nutrients (% of daily need)

Calories: 283.09kcal (14.15%), Fat: 12.95g (19.93%), Saturated Fat: 4.1g (25.63%), Carbohydrates: 17.96g (5.99%), Net Carbohydrates: 15.65g (5.69%), Sugar: 2.82g (3.13%), Cholesterol: 67.06mg (22.35%), Sodium: 892.88mg

(38.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.62g (47.24%), Vitamin A: 3236.44IU (64.73%), Vitamin B3: 6.73mg (33.64%), Selenium: 20.47µg (29.24%), Phosphorus: 249.66mg (24.97%), Copper: 0.43mg (21.46%), Vitamin B6: 0.37mg (18.51%), Vitamin B2: 0.27mg (15.74%), Iron: 2.65mg (14.71%), Vitamin K: 12.99µg (12.37%), Zinc: 1.84mg (12.3%), Manganese: 0.24mg (11.92%), Potassium: 408.49mg (11.67%), Vitamin B5: 1.16mg (11.64%), Vitamin B1: 0.15mg (10.24%), Magnesium: 38.89mg (9.72%), Calcium: 96.33mg (9.63%), Fiber: 2.31g (9.23%), Vitamin C: 6.88mg (8.33%), Vitamin B12: 0.45µg (7.5%), Folate: 23.03µg (5.76%), Vitamin E: 0.64mg (4.26%), Vitamin D: 0.5µg (3.36%)