



Chicken Pot Pie with Herb Crust

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- 2 cups frangelico
- 2 cups frangelico

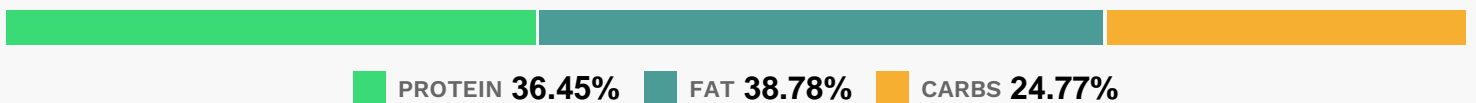
Equipment

- bowl
- sauce pan
- oven
- dutch oven
- glass baking pan

Directions

- Heat oven to 350F. 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:25.38, Glycemic Load:5.62, Inflammation Score:-9, Nutrition Score:17.876087074694%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 253.1kcal (12.65%), Fat: 10.91g (16.79%), Saturated Fat: 3.48g (21.74%), Carbohydrates: 15.68g (5.23%), Net Carbohydrates: 13.26g (4.82%), Sugar: 2.81g (3.12%), Cholesterol: 64.83mg (21.61%), Sodium: 771.68mg (33.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.08g (46.15%), Vitamin A: 3464.3IU (69.29%), Vitamin K: 68.86µg (65.58%), Vitamin B3: 6.71mg (33.55%), Selenium: 19.92µg (28.45%), Phosphorus: 241.64mg (24.16%), Copper: 0.39mg (19.62%), Vitamin B6: 0.37mg (18.67%), Vitamin B2: 0.28mg (16.22%), Vitamin C: 11.49mg (13.93%), Iron: 2.5mg (13.87%), Zinc: 1.8mg (12%), Potassium: 416.35mg (11.9%), Manganese: 0.24mg (11.79%), Vitamin B5: 1.11mg (11.1%), Vitamin B1: 0.16mg (10.64%), Magnesium: 39.52mg (9.88%), Calcium: 97.44mg (9.74%), Fiber: 2.42g (9.69%), Vitamin B12: 0.46µg (7.62%), Folate: 27.6µg (6.9%), Vitamin D: 0.5µg (3.36%), Vitamin E: 0.48mg (3.19%)