



Chicken Pot Pies

READY IN



18 min.

SERVINGS



6

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup carrots diced
- 0.5 cup celery chopped
- 3 cups chicken breast diced cooked (skinned before cooking and without salt)
- 10.8 ounce one-third-less-salt cream of chicken soup fat-free 99% undiluted canned
- 1 cup mushrooms fresh sliced
- 1.5 tablespoons butter
- 0.3 cup onion minced
- 0.5 cup peas frozen english thawed
- 0.5 teaspoon pepper

- 1 cup self-rising flour
- 0.3 cup skim milk
- 0.3 teaspoon thyme leaves dried whole
- 1.5 cups water

Equipment

- bowl
- frying pan
- oven
- blender

Directions

- Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add carrot, mushrooms, celery, peas, and onion.
- Saute 5 minutes or until vegetables are tender.
- Combine soup, water, pepper, and thyme in a medium bowl; stir well.
- Add vegetables and cooked chicken, stirring well.
- Spoon chicken mixture evenly into 6 (8-ounce) round baking dishes coated with cooking spray.
- Place flour in a small bowl; cut in margarine with a pastry blender until mixture is crumbly.
- Sprinkle milk (1 tablespoon at a time) evenly over surface, stirring with a fork until dry ingredients are moistened. Drop dough evenly by spoonfuls onto chicken mixture.
- Bake at 425 for 15 to 18 minutes or until crusts are golden.

Nutrition Facts

PROTEIN 38.1% FAT 27.58% CARBS 34.32%

Properties

Glycemic Index:59.57, Glycemic Load:12.97, Inflammation Score:-10, Nutrition Score:16.894348046054%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 291.49kcal (14.57%), Fat: 8.78g (13.51%), Saturated Fat: 2.24g (14.02%), Carbohydrates: 24.59g (8.2%), Net Carbohydrates: 22.34g (8.12%), Sugar: 3.26g (3.63%), Cholesterol: 63.87mg (21.29%), Sodium: 472.11mg (20.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.3g (54.6%), Vitamin A: 3950.38IU (79.01%), Vitamin B3: 11.1mg (55.49%), Selenium: 30.56µg (43.66%), Vitamin B6: 0.52mg (25.77%), Phosphorus: 245.86mg (24.59%), Manganese: 0.34mg (17.06%), Vitamin B2: 0.23mg (13.53%), Vitamin B5: 1.25mg (12.45%), Potassium: 426.24mg (12.18%), Copper: 0.24mg (11.84%), Vitamin K: 11.65µg (11.09%), Iron: 1.87mg (10.41%), Magnesium: 39.42mg (9.85%), Vitamin B1: 0.14mg (9.52%), Zinc: 1.39mg (9.25%), Fiber: 2.25g (9.01%), Vitamin C: 7.26mg (8.8%), Folate: 30µg (7.5%), Vitamin E: 0.84mg (5.61%), Calcium: 54mg (5.4%), Vitamin B12: 0.31µg (5.12%), Vitamin D: 0.21µg (1.43%)