

food  
network

## Chicken Pot Pies

READY IN



70 min.

SERVINGS



4

CALORIES



1049 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 2 carrots sliced
- ☐ 3 stalks celery diced
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon milk
- ☐ 0.5 medium onion diced
- ☐ 1 cup peas frozen
- ☐ 1 box pie crust

- ☐ 0.5 teaspoon poultry seasoning
- ☐ 4 servings salt
- ☐ 1 teaspoon freshly thyme leaves chopped
- ☐ 5 cups water
- ☐ 4 pound meat from a rotisserie chicken whole cut into parts

## Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ ramekin
- ☐ cutting board
- ☐ pie form

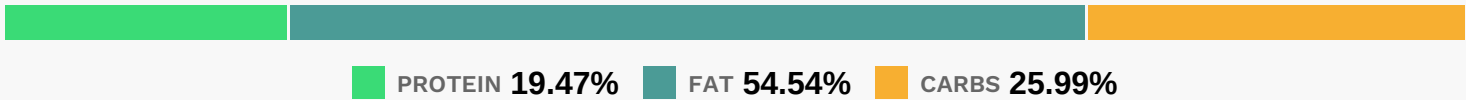
## Directions

- ☐ Prepare the pie crust according to the package directions. Divide it into 4 equal portions, cover with plastic wrap and refrigerate Preheat the oven to 350 degrees F.
- ☐ Put the chicken breast in a medium pot and cover with 5 cups of water.
- ☐ Bring to a boil over medium heat and add salt, to taste. (Reserve the legs and thighs for another use.)
- ☐ Simmer until the chicken is completely cooked through, skimming any fat that rises to the surface, about 20 minutes.
- ☐ Remove chicken, to a cutting board and when cool enough to handle remove the meat and dice into 1/2-inch cubes. Reserve the broth the chicken was cooked in. (Set aside 1/2 cup for another use.)
- ☐ In a medium pot heat the canola oil over medium heat.
- ☐ Add the onions, celery, carrots, salt and pepper, to taste, and cook until the onions are translucent, about 5 minutes. Stir in the flour, poultry seasoning, and thyme and cook for 2

minutes, stirring constantly. Slowly pour in the reserved 4 1/2 cups of chicken broth, whisking to remove any lumps.

- ☐ Add the chicken and peas, bring to a boil, then remove from the heat. (Reserve 2 cups for another use.)
- ☐ Divide the remaining mixture between 4 (14-ounce) ramekins. (Alternately, the pot pie can be made in 1 (9-inch) pie pan.)
- ☐ Roll out the 4 pieces of pie dough to 1/4-inch thick rounds.
- ☐ Brush the edges of the ramekins with milk. Cover each ramekin with a piece of dough and press around the edges to seal.
- ☐ Cut a steam vent in the top of each piece of dough and brush with milk. Arrange on a baking sheet and bake until the crust is golden brown and the filling is bubbling, about 40 to 45 minutes.

## Nutrition Facts



## Properties

Glycemic Index:85.04, Glycemic Load:8.64, Inflammation Score:-10, Nutrition Score:33.915652181791%

## Flavonoids

Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

## Nutrients (% of daily need)

Calories: 1049.31kcal (52.47%), Fat: 62.89g (96.76%), Saturated Fat: 17.95g (112.2%), Carbohydrates: 67.41g (22.47%), Net Carbohydrates: 60.87g (22.14%), Sugar: 4.7g (5.23%), Cholesterol: 163.74mg (54.58%), Sodium: 819.16mg (35.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.52g (101.05%), Vitamin A: 5850.39IU (117.01%), Vitamin B3: 19.31mg (96.57%), Selenium: 41.55µg (59.36%), Vitamin B6: 0.97mg (48.31%), Phosphorus: 469.22mg (46.92%), Manganese: 0.83mg (41.72%), Vitamin B1: 0.62mg (41.31%), Folate: 145.48µg (36.37%), Vitamin K: 37.14µg (35.37%), Vitamin B2: 0.58mg (33.96%), Iron: 5.94mg (33.02%), Vitamin C: 22.56mg (27.35%), Zinc: 4.02mg (26.82%), Vitamin B5: 2.66mg (26.61%), Fiber: 6.54g (26.16%), Potassium: 815.52mg (23.3%), Magnesium: 86.08mg (21.52%), Copper: 0.34mg (17.08%), Vitamin E: 2.07mg (13.8%), Vitamin B12: 0.7µg (11.59%), Calcium: 97.36mg (9.74%), Vitamin D: 0.48µg (3.18%)