



Chicken, Potato, and Leek Pie

READY IN



65 min.

SERVINGS



6

CALORIES



541 kcal

Ingredients

- ☐ 1 slice bacon smoked chopped
- ☐ 1 cup carrots chopped
- ☐ 1 large egg whites
- ☐ 1 tablespoon skim milk fat-free
- ☐ 3.5 tablespoons flour all-purpose
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 cups leek sliced (2)
- ☐ 2 cups beef broth fat-free
- ☐ 0.3 teaspoon pepper
- ☐ 8 ounces potatoes – remove skin red cubed

- ☐ 14.1 ounce pie crust dough refrigerated
- ☐ 6 chicken thighs boneless skinless cut into bite-sized pieces

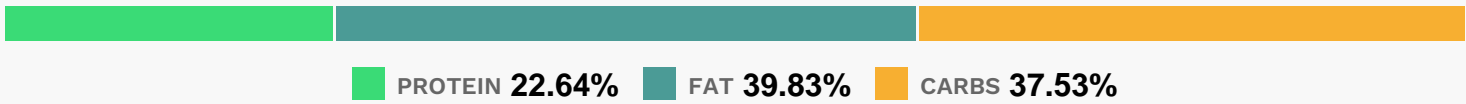
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 45
- ☐ Cook bacon in a large Dutch oven over medium heat until almost crisp, stirring frequently. Increase heat to medium-high.
- ☐ Add potato and carrot to pan; saut 3 minutes, stirring occasionally.
- ☐ Add chicken; saut 3 minutes or until lightly browned, stirring occasionally. Stir in flour and next 3 ingredients (through pepper); saut 1 minute, stirring frequently.
- ☐ Slowly add broth to pan, stirring constantly; bring to a boil. Cook 2 minutes or until slightly thick, stirring occasionally. Spoon mixture into a 1 1/2-quart glass or ceramic baking dish. Top with dough, folding under and pressing down on edges to seal.
- ☐ Combine milk and egg white; brush mixture over top of dough.
- ☐ Cut small slits in dough to vent.
- ☐ Bake at 450 for 30 minutes or until crust is golden.
- ☐ Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:36.51, Glycemic Load:4.91, Inflammation Score:-10, Nutrition Score:24.0500001402%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 541.42kcal (27.07%), Fat: 23.76g (36.56%), Saturated Fat: 7.13g (44.59%), Carbohydrates: 50.37g (16.79%), Net Carbohydrates: 46.52g (16.92%), Sugar: 3.41g (3.79%), Cholesterol: 109.85mg (36.61%), Sodium: 778.46mg (33.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.39g (60.79%), Vitamin A: 4343.11IU (86.86%), Selenium: 33.37µg (47.66%), Vitamin B3: 9.35mg (46.74%), Vitamin B6: 0.75mg (37.36%), Manganese: 0.65mg (32.62%), Phosphorus: 319.01mg (31.9%), Vitamin K: 33.12µg (31.54%), Vitamin B1: 0.4mg (26.83%), Folate: 98.78µg (24.7%), Potassium: 848.06mg (24.23%), Vitamin B2: 0.4mg (23.7%), Iron: 4.14mg (23.02%), Vitamin B5: 1.91mg (19.12%), Zinc: 2.34mg (15.57%), Magnesium: 61.77mg (15.44%), Fiber: 3.85g (15.38%), Vitamin B12: 0.76µg (12.68%), Vitamin C: 9.85mg (11.94%), Copper: 0.24mg (11.87%), Vitamin E: 1.08mg (7.22%), Calcium: 64.92mg (6.49%)