



Chicken Potpie

READY IN



45 min.

SERVINGS



6

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons butter
- 1 cup carrots diced
- 1 cup celery diced
- 12 ounces chicken breast cooked chopped
- 0.5 cup less-sodium chicken broth fat-free
- 3 cups milk fat-free
- 6.5 tablespoons flour all-purpose
- 0.3 cup parsley fresh chopped

- 2 teaspoons thyme leaves fresh chopped
- 8 ounces mushrooms sliced
- 2 tablespoons olive oil
- 2 cups onion diced
- 1 cup peas green frozen
- 6 sheets phyllo dough frozen thawed ()
- 1 pound potatoes diced red
- 1 teaspoon salt

Equipment

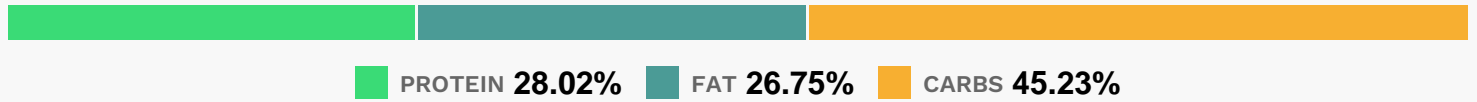
- baking sheet
- oven
- baking pan
- dutch oven
- cutting board

Directions

- Preheat oven to 37
- Melt butter in a large Dutch oven over medium-high heat; add oil.
- Add potatoes and next 6 ingredients (through thyme), and saut for 5 minutes. Reduce heat to medium-low; sprinkle flour over vegetables. Cook for 5 minutes, stirring frequently. Stir in milk and broth. Increase heat to medium-high; bring to a boil. Reduce heat, and simmer 5 minutes or until thickened.
- Add chicken, peas, salt, and pepper.
- Spoon mixture into a 3-quart baking dish.
- Place 1 phyllo sheet on a large cutting board or work surface (cover remaining dough to keep from drying); lightly spray with cooking spray. Repeat layers with cooking spray and remaining phyllo.
- Place phyllo layers loosely on top of mixture in dish.
- Place dish on a baking sheet.

Bake at 375 for 30 minutes or until top is golden.

Nutrition Facts



Properties

Glycemic Index:81.24, Glycemic Load:13.27, Inflammation Score:-10, Nutrition Score:29.753478713658%

Flavonoids

Apigenin: 5.89mg, Apigenin: 5.89mg, Apigenin: 5.89mg, Apigenin: 5.89mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 11.44mg, Quercetin: 11.44mg, Quercetin: 11.44mg, Quercetin: 11.44mg

Nutrients (% of daily need)

Calories: 412.3kcal (20.61%), Fat: 12.33g (18.96%), Saturated Fat: 4.07g (25.47%), Carbohydrates: 46.9g (15.63%), Net Carbohydrates: 41.29g (15.01%), Sugar: 12.89g (14.32%), Cholesterol: 61.9mg (20.63%), Sodium: 727.68mg (31.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.06g (58.11%), Vitamin A: 4452.37IU (89.05%), Vitamin B3: 12.39mg (61.95%), Vitamin K: 61.23µg (58.31%), Selenium: 30.44µg (43.48%), Phosphorus: 420.69mg (42.07%), Vitamin B6: 0.74mg (37.15%), Vitamin B2: 0.59mg (34.42%), Vitamin C: 27.08mg (32.83%), Vitamin B1: 0.48mg (31.82%), Potassium: 1112.57mg (31.79%), Manganese: 0.54mg (26.95%), Folate: 96.75µg (24.19%), Fiber: 5.61g (22.45%), Calcium: 223.34mg (22.33%), Vitamin B5: 2.09mg (20.87%), Magnesium: 76.43mg (19.11%), Copper: 0.38mg (18.75%), Iron: 3.23mg (17.93%), Vitamin B12: 0.96µg (16.07%), Zinc: 2.23mg (14.85%), Vitamin D: 1.48µg (9.87%), Vitamin E: 1.21mg (8.09%)