

Chicken Potpie Pockets

READY IN

ready

75 min.

SERVINGS

servings

45

CALORIES

calories

44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups meat from a rotisserie chicken boneless skinless cubed cooked
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 large eggs lightly beaten
- ☐ 1 tablespoon flour all-purpose
- ☐ 1.5 cups chicken broth low-sodium
- ☐ 0.5 onion chopped
- ☐ 1 cup peas-carrots mix shopping list frozen
- ☐ 1 sheet puff pastry frozen thawed cut into 4 squares

- ☐ 45 servings salt
- ☐ 2 tablespoons butter unsalted

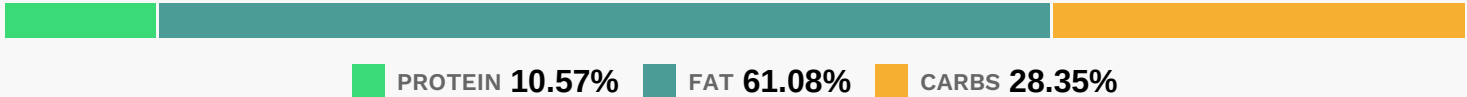
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Line 2 baking sheets with parchment. On a lightly floured surface, roll pastry pieces into 4 6-inch squares.
- ☐ Place on 1 baking sheet, cover and chill.
- ☐ Melt butter in a skillet over medium heat. Saut onion until softened, about 3 minutes.
- ☐ Add peas and carrots; saut 3 minutes.
- ☐ Sprinkle thyme and flour over vegetables; saut 1 minute. Raise heat to medium-high. Stir broth and mustard into pan.
- ☐ Add chicken; cook until sauce is thick, 7 to 10 minutes.
- ☐ Transfer to a bowl; let cool. Season with salt. Preheat oven to 375F.
- ☐ Place 1 pastry square on reserved baking sheet.
- ☐ Brush edges with egg. Spoon 1/4 of chicken mixture into center; fold to form a triangle. Seal edges. Repeat with remaining pastry and filling.
- ☐ Brush with remaining egg.
- ☐ Cut 3 slits in top of each. Chill for 15 minutes.
- ☐ Bake turnovers until golden, about 30 minutes.
- ☐ Let cool 5 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:4.22, Glycemic Load:1.45, Inflammation Score:-3, Nutrition Score:1.2982608734266%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 44.04kcal (2.2%), Fat: 3.03g (4.66%), Saturated Fat: 0.98g (6.1%), Carbohydrates: 3.16g (1.05%), Net Carbohydrates: 2.94g (1.07%), Sugar: 0.11g (0.12%), Cholesterol: 6.83mg (2.28%), Sodium: 216.36mg (9.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.36%), Vitamin A: 320.12IU (6.4%), Selenium: 2.06µg (2.95%), Vitamin B3: 0.52mg (2.58%), Vitamin B1: 0.03mg (2.09%), Manganese: 0.04mg (1.96%), Vitamin B2: 0.03mg (1.71%), Folate: 6.59µg (1.65%), Iron: 0.25mg (1.41%), Phosphorus: 13.18mg (1.32%), Vitamin K: 1.15µg (1.09%)