



## Chicken Potpie Soup

READY IN



40 min.

SERVINGS



4

CALORIES



659 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 stalks celery chopped
- 0.3 cup flour all-purpose
- 1 cup half-and-half
- 4 servings kosher salt
- 3 cups chicken broth low-sodium
- 1 medium onion chopped
- 10 ounce peas-carrots mix shopping list mixed frozen
- 4 servings pepper freshly ground
- 1 disk pie dough refrigerated

- 1 pound chicken breasts boneless skinless cut into 1/2-inch pieces
- 2 tablespoons butter unsalted
- 3 medium yukon gold potatoes chopped

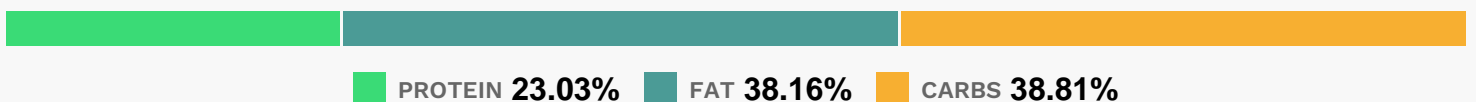
## Equipment

- bowl
- baking sheet
- oven
- pot

## Directions

- Preheat the oven to 425 degrees F. Unroll the pie dough onto a baking sheet and sprinkle with pepper and a pinch of poultry seasoning; cut into quarters.
- Bake until puffed and golden, about 10 minutes. Meanwhile, melt the butter in a large pot over medium-high heat.
- Add the chicken and 1/2 teaspoon salt and cook, undisturbed, 2 minutes, then cook, stirring, 1 more minute.
- Transfer to a bowl.
- Add the celery, onion, flour, 1/2 teaspoon salt and the remaining 1/2 teaspoon poultry seasoning to the pot and cook, stirring, 1 minute. Stir in 2 cups water, the broth, half-and-half and potatoes; cover and bring to a simmer. Reduce the heat to medium and simmer, partially covered, 10 minutes.
- Add the peas and carrots and simmer until the vegetables are tender, about 6 minutes. Return the chicken to the pot and simmer until cooked through, about 1 minute. Divide among bowls and top with the crust.
- Photograph by Christopher Testani

## Nutrition Facts



## Properties

Glycemic Index:62.44, Glycemic Load:21.29, Inflammation Score:-10, Nutrition Score:33.494782717332%

## Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg

## Nutrients (% of daily need)

Calories: 659.49kcal (32.97%), Fat: 28.3g (43.54%), Saturated Fat: 12.4g (77.52%), Carbohydrates: 64.76g (21.59%), Net Carbohydrates: 57.46g (20.89%), Sugar: 5.18g (5.76%), Cholesterol: 108.8mg (36.27%), Sodium: 670.85mg (29.17%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 38.43g (76.86%), Vitamin A: 7247.88IU (144.96%), Vitamin B3: 18.37mg (91.86%), Vitamin B6: 1.42mg (70.9%), Selenium: 44.82µg (64.03%), Phosphorus: 517.56mg (51.76%), Vitamin C: 37.62mg (45.59%), Potassium: 1470.71mg (42.02%), Vitamin B1: 0.52mg (34.86%), Manganese: 0.69mg (34.5%), Vitamin B2: 0.51mg (30.25%), Fiber: 7.3g (29.2%), Folate: 108.96µg (27.24%), Vitamin B5: 2.61mg (26.08%), Magnesium: 92.75mg (23.19%), Iron: 4.17mg (23.15%), Copper: 0.39mg (19.53%), Zinc: 2.14mg (14.24%), Calcium: 137.74mg (13.77%), Vitamin K: 13.19µg (12.56%), Vitamin B12: 0.53µg (8.84%), Vitamin E: 0.8mg (5.35%), Vitamin D: 0.22µg (1.46%)