



Chicken Potpies

 Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



907 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 8 ounces chicken breast cut into bite-sized pieces
- ☐ 10.5 ounce cream of chicken soup reduced-fat reduced-sodium canned
- ☐ 1 teaspoon rubbed sage dried
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.5 cups savory vegetable mixed frozen
- ☐ 1 cup mushrooms quartered
- ☐ 15 ounce pie crust dough refrigerated (such as Pillsbury)

- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups water

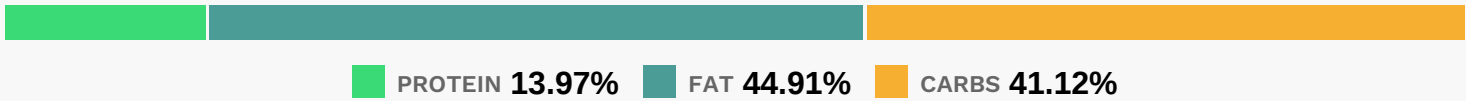
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ ramekin
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 42
- ☐ Cut 3 (4-inch) circles out of dough; discard remaining dough.
- ☐ Place dough circles on a baking sheet coated with cooking spray. Lightly coat dough with cooking spray; sprinkle evenly with 1/8 teaspoon salt. Pierce top of dough with a fork.
- ☐ Bake dough at 425 for 8 minutes or until golden.
- ☐ Combine flour, sage, 1/4 teaspoon salt, and pepper in a zip-top plastic bag; add chicken. Seal bag, and toss to coat.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add chicken mixture; cook 5 minutes, browning on all sides. Stir in water, scraping pan to loosen browned bits. Stir in vegetables, mushrooms, and soup; bring to a boil. Reduce heat, and cook 10 minutes. Spoon 1 cup chicken mixture into each of 3 (1-cup) ramekins or bowls; top each serving with 1 piecrust.

Nutrition Facts



Properties

Glycemic Index:75.67, Glycemic Load:9.94, Inflammation Score:-10, Nutrition Score:29.584782628909%

Nutrients (% of daily need)

Calories: 907.27kcal (45.36%), Fat: 45.28g (69.66%), Saturated Fat: 13.8g (86.22%), Carbohydrates: 93.26g (31.09%), Net Carbohydrates: 85.56g (31.11%), Sugar: 1.18g (1.32%), Cholesterol: 56.32mg (18.77%), Sodium: 1704.11mg (74.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.7g (63.4%), Vitamin A: 4828.54IU (96.57%), Vitamin B3: 14.69mg (73.47%), Selenium: 39.2µg (56%), Manganese: 1mg (49.98%), Vitamin B1: 0.63mg (41.85%), Vitamin B6: 0.76mg (38.07%), Phosphorus: 378.48mg (37.85%), Folate: 145.33µg (36.33%), Iron: 6.3mg (35.01%), Vitamin B2: 0.59mg (34.9%), Fiber: 7.69g (30.78%), Vitamin B5: 2.49mg (24.93%), Copper: 0.47mg (23.29%), Potassium: 768.49mg (21.96%), Magnesium: 72.13mg (18.03%), Vitamin K: 15.43µg (14.69%), Vitamin C: 11.15mg (13.52%), Zinc: 1.99mg (13.26%), Vitamin E: 1.34mg (8.95%), Calcium: 73.49mg (7.35%), Vitamin B12: 0.16µg (2.73%)