



Chicken Souvlaki Pot Pie

READY IN



60 min.

SERVINGS



6

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 oz canned tomatoes diced organic undrained muir glen® canned
- 2 teaspoons chili powder
- 2 tablespoons flour all-purpose gold medal®
- 2 cloves garlic finely chopped
- 1.5 teaspoons oregano dried
- 0.5 cup greek yogurt plain (from 6-oz container)
- 1.3 cups onion red chopped
- 1 pie crust dough refrigerated softened pillsbury®
- 0.5 teaspoon salt

- 1.3 lb chicken breast boneless skinless cut into bite-size strips
- 2 tablespoons vegetable oil
- 2 small zucchini cut in half lengthwise, then cut crosswise into slices (2 1/3 cups)

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk

Directions

- Heat oven to 400°F. In 12-inch nonstick skillet, heat 1 tablespoon of the oil over medium-high heat.
- Add chicken; cook about 8 minutes, stirring occasionally, until no longer pink in center.
- Remove chicken from skillet.
- In same skillet, heat remaining 1 tablespoon oil.
- Add onion and zucchini; cook about 6 minutes, stirring frequently, until zucchini is crisp-tender. Return chicken to skillet (discard chicken juices). Stir in garlic, chili powder, oregano and salt. Cook 2 minutes, stirring constantly. Stir in tomatoes; cook until thoroughly heated.
- Remove from heat.
- In small bowl, beat yogurt and flour with wire whisk until blended; stir into chicken mixture. Spoon into ungreased 9-inch glass pie plate.
- Unroll pie crust over hot chicken mixture. Fold excess crust under and press to form thick crust edge; flute.
- Cut slits in several places in crust.
- Place pie plate on cookie sheet with sides.
- Bake 25 to 30 minutes or until crust is golden brown (sauce may bubble slightly over crust).
- Let stand 5 minutes before serving.

Nutrition Facts

PROTEIN 30.12% FAT 38.98% CARBS 30.9%

Properties

Glycemic Index:31.67, Glycemic Load:3.7, Inflammation Score:-8, Nutrition Score:19.0234781711%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.04mg, Quercetin: 7.04mg, Quercetin: 7.04mg, Quercetin: 7.04mg

Nutrients (% of daily need)

Calories: 343.19kcal (17.16%), Fat: 14.93g (22.96%), Saturated Fat: 3.66g (22.88%), Carbohydrates: 26.63g (8.88%), Net Carbohydrates: 23.13g (8.41%), Sugar: 6.04g (6.71%), Cholesterol: 61.31mg (20.44%), Sodium: 531.48mg (23.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.95g (51.89%), Vitamin B3: 11.96mg (59.82%), Selenium: 35.31µg (50.44%), Vitamin B6: 0.97mg (48.61%), Phosphorus: 295.02mg (29.5%), Manganese: 0.45mg (22.47%), Potassium: 778.72mg (22.25%), Vitamin C: 17.27mg (20.94%), Vitamin K: 19.89µg (18.94%), Vitamin B5: 1.86mg (18.56%), Vitamin B2: 0.29mg (17.26%), Vitamin B1: 0.25mg (16.71%), Iron: 2.64mg (14.66%), Magnesium: 57.92mg (14.48%), Fiber: 3.5g (14.01%), Folate: 55.44µg (13.86%), Vitamin E: 1.94mg (12.94%), Copper: 0.23mg (11.27%), Vitamin A: 462.19IU (9.24%), Zinc: 1.2mg (8.02%), Calcium: 78.35mg (7.84%), Vitamin B12: 0.31µg (5.09%)