



Chicken-Vegetable Pot Pie Soup

READY IN



60 min.

SERVINGS



6

CALORIES



562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 sheet puff pastry frozen thawed (from 17.3-oz package)
- 2 tablespoons butter
- 6 small potatoes - remove skin red cut into eighths
- 0.5 cup celery coarsely chopped
- 0.5 cup carrots coarsely chopped
- 0.3 cup onion coarsely chopped
- 5 cups chicken broth (from two 32-oz cartons)
- 0.3 cup oats gold wondra®
- 1 teaspoon poultry seasoning

- 0.3 teaspoon salt
- 0.1 teaspoon pepper
- 2.5 cups roasted chicken cooked
- 1 cup peas sweet frozen
- 0.3 cup whipping cream

Equipment

- bowl
- baking sheet
- ladle
- oven
- whisk
- dutch oven

Directions

- Heat oven to 400°F.
- Cut 6 rounds from puff pastry with 3-inch round cutter.
- Place on ungreased cookie sheet.
- Bake 12 to 15 minutes or until puffed and golden brown. Keep warm.
- While pastry is baking, in 4 1/2- to 5-quart Dutch oven, melt butter over medium-high heat.
- Add potatoes, celery, carrot and onion; cook 5 to 6 minutes, stirring frequently, until onion is softened.
- Beat broth, flour, poultry seasoning, salt and pepper into potato mixture with wire whisk.
- Heat to boiling; reduce heat to medium-low. Cover; cook 15 to 20 minutes, stirring occasionally, until potatoes are tender and soup is slightly thickened.
- Stir remaining ingredients into soup. Cover; cook 5 to 6 minutes, stirring occasionally, until chicken and peas are hot. Ladle soup into bowls; top each serving with pastry.

Nutrition Facts



■ PROTEIN 17.24% ■ FAT 44.21% ■ CARBS 38.55%

Properties

Glycemic Index:50.53, Glycemic Load:12.71, Inflammation Score:-9, Nutrition Score:23.131739388341%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 561.88kcal (28.09%), Fat: 27.81g (42.79%), Saturated Fat: 8.21g (51.34%), Carbohydrates: 54.55g (18.18%), Net Carbohydrates: 48.76g (17.73%), Sugar: 5.96g (6.62%), Cholesterol: 58.87mg (19.62%), Sodium: 1061.91mg (46.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.4g (48.8%), Vitamin A: 2366.62IU (47.33%), Vitamin B3: 9.37mg (46.86%), Manganese: 0.84mg (42.22%), Selenium: 27.85µg (39.79%), Potassium: 1118.29mg (31.95%), Vitamin B1: 0.48mg (31.69%), Vitamin C: 25.78mg (31.25%), Vitamin B6: 0.62mg (30.92%), Phosphorus: 304.75mg (30.48%), Vitamin B2: 0.44mg (25.85%), Vitamin K: 24.58µg (23.41%), Fiber: 5.79g (23.17%), Folate: 89.39µg (22.35%), Iron: 3.84mg (21.31%), Copper: 0.41mg (20.34%), Magnesium: 79.77mg (19.94%), Zinc: 2.29mg (15.28%), Vitamin B5: 1.2mg (11.96%), Calcium: 63.48mg (6.35%), Vitamin E: 0.71mg (4.71%), Vitamin B12: 0.23µg (3.81%), Vitamin D: 0.16µg (1.06%)