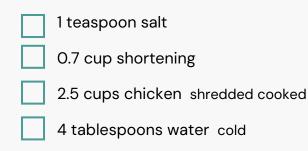




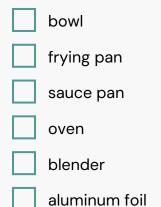


### Ingredients

- 0.3 cup butter
- 1.8 cups chicken broth (from 32-oz carton)
- 0.3 cup flour all-purpose
- 2 cups flour all-purpose
- 2 cups savory vegetable mixed frozen thawed
- 0.5 cup milk
- 0.3 cup onion chopped
- 0.3 teaspoon pepper
  - 0.5 teaspoon salt

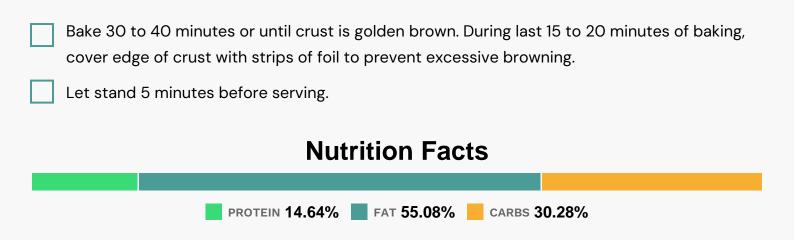


# Equipment



## Directions

- Heat oven to 425F.
  - Combine flour and salt in large bowl; cut in shortening with pastry blender or fork until mixture resembles coarse crumb.
- Mix in enough cold water with fork until flour is moistened. Divide dough in half. Shape each half into a ball; flatten slightly. Wrap 1 ball in plastic food wrap; refrigerate.
- Roll out remaining ball of dough on lightly floured surface into 11-inch circle. Fold into quarters.
- Place dough into ungreased 9-inch pie plate; unfold dough, pressing firmly against bottom and sides. Trim crust to 1/2 inch from edge of pan; set aside.
- In 2-quart saucepan, melt butter over medium heat.
  - Add onion; cook 2 minutes, stirring frequently, until tender. Stir in flour, salt and pepper until well blended. Gradually stir in broth and milk, cooking and stirring until bubbly and thickened. Stir in chicken and mixed vegetables.
- Remove from heat. Spoon into crust-lined pie plate.
  - Roll out refrigerated ball of dough on lightly floured surface into 11-inch circle. Gently fold dough into quarters.
- Place dough over filling; unfold. Trim, seal and crimp or flute edges.



#### **Properties**

Glycemic Index:48.67, Glycemic Load:29.97, Inflammation Score:-10, Nutrition Score:19.583043419796%

#### Flavonoids

Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

#### Nutrients (% of daily need)

Calories: 625.29kcal (31.26%), Fat: 38.4g (59.07%), Saturated Fat: 9.38g (58.64%), Carbohydrates: 47.51g (15.84%), Net Carbohydrates: 43.6g (15.85%), Sugar: 1.78g (1.98%), Cholesterol: 47.56mg (15.85%), Sodium: 1037.33mg (45.1%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 22.96g (45.91%), Vitamin A: 3590.61IU (71.81%), Selenium: 31.78µg (45.4%), Vitamin B3: 8.41mg (42.06%), Vitamin B1: 0.53mg (35.17%), Folate: 111.3µg (27.82%), Manganese: 0.55mg (27.27%), Vitamin B2: 0.45mg (26.66%), Phosphorus: 229.18mg (22.92%), Iron: 3.63mg (20.19%), Vitamin B6: 0.34mg (17.17%), Fiber: 3.91g (15.65%), Vitamin E: 1.86mg (12.38%), Vitamin K: 12.5µg (11.9%), Vitamin B5: 1.14mg (11.38%), Zinc: 1.65mg (11%), Potassium: 376.55mg (10.76%), Magnesium: 42.15mg (10.54%), Copper: 0.18mg (8.84%), Vitamin C: 6.99mg (8.48%), Calcium: 64.29mg (6.43%), Vitamin B12: 0.31µg (5.09%), Vitamin D: 0.22µg (1.49%)