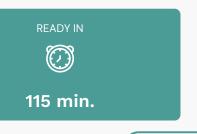
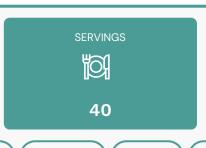
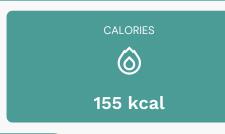


# **Classic Chicken Potpie**







ANTIPASTI

STARTER

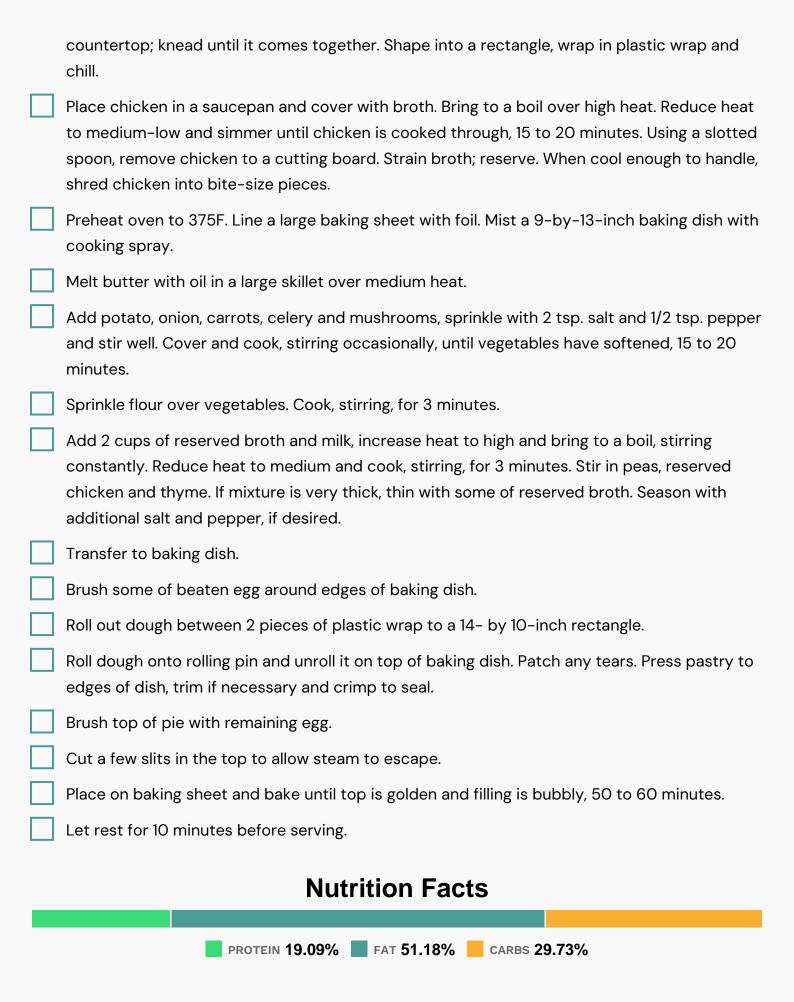
SNACK

APPETIZER

# Ingredients

1 large onion chopped

	I cup peas frozen thawed
	0.5 teaspoon pepper
	1 large cubes red-skinned sweet potato diced red
	1 teaspoon salt
	40 servings salt and pepper
	2 pounds chicken breast boneless skinless trimmed
	10 tablespoon shortening chilled cut into pieces
	6 tablespoons butter unsalted
	8 tablespoons butter unsalted chilled cut into pieces
	1 tablespoon vegetable oil
	1.5 cups milk whole
Equipment	
	food processor
H	frying pan
H	baking sheet
H	sauce pan
H	oven
H	plastic wrap
H	baking pan
H	aluminum foil
H	
H	rolling pin
H	slotted spoon
ш	cutting board
Directions	
	Make pastry: In a food processor, pulse flour, salt and pepper. Pulse in butter and shortening
	until mixture resembles coarse meal. With motor running, add 6 Tbsp. cold water; process just
	until dough forms a ball, adding more water if necessary. Turn dough out onto a lightly floured



## **Properties**

Glycemic Index:11.18, Glycemic Load:6.6, Inflammation Score:-8, Nutrition Score:7.3613043246062%

### **Flavonoids**

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

#### Nutrients (% of daily need)

Calories: 154.65kcal (7.73%), Fat: 8.81g (13.56%), Saturated Fat: 3.78g (23.6%), Carbohydrates: 11.52g (3.84%), Net Carbohydrates: 10.59g (3.85%), Sugar: 1.46g (1.63%), Cholesterol: 30.8mg (10.27%), Sodium: 298.32mg (12.97%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 7.4g (14.8%), Vitamin A: 1825.17IU (36.5%), Vitamin B3: 3.65mg (18.26%), Selenium: 11.94µg (17.06%), Vitamin B6: O.22mg (10.99%), Phosphorus: 91.59mg (9.16%), Vitamin B1: O.13mg (8.59%), Vitamin B2: O.13mg (7.67%), Manganese: O.14mg (6.89%), Folate: 27.15µg (6.79%), Potassium: 198.54mg (5.67%), Vitamin B5: O.56mg (5.61%), Vitamin K: 5.03µg (4.79%), Iron: O.83mg (4.59%), Vitamin C: 3.55mg (4.31%), Fiber: O.93g (3.73%), Magnesium: 14.02mg (3.51%), Copper: O.06mg (3.2%), Vitamin D: O.23µg (1.52%)