



Creamy Chicken Pot Pie

 Dairy Free

READY IN



48 min.

SERVINGS



10

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups savory vegetable mixed frozen thawed drained (carrots, corn, green beans, peas)
- 10 ounce garlic
- 14.1 ounce pie crust dough refrigerated
- 1 pound chicken breast boneless skinless cut into bite-size pieces

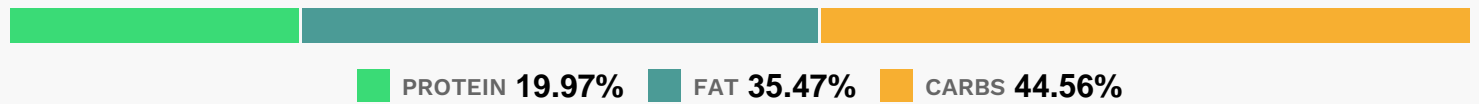
Equipment

- frying pan
- baking sheet
- oven

Directions

- Heat oven to 400 degrees F.
- Cook and stir chicken in large nonstick skillet on medium heat 5 to 6 min. or until chicken is lightly browned.
- Add vegetables; cook 1 to 2 min. or until heated through. Stir in cooking creme; spoon into 9-inch pie plate.
- Cover with crust; seal and flute edge.
- Cut several slits in crust.
- Place pie plate on baking sheet.
- Bake 25 to 30 min. or until golden brown.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:4.19, Inflammation Score:-8, Nutrition Score:14.247826060523%

Flavonoids

Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 299.92kcal (15%), Fat: 11.93g (18.35%), Saturated Fat: 3.58g (22.37%), Carbohydrates: 33.72g (11.24%), Net Carbohydrates: 30.67g (11.15%), Sugar: 0.28g (0.31%), Cholesterol: 29.03mg (9.68%), Sodium: 238.03mg (10.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.11g (30.21%), Manganese: 0.75mg (37.32%), Vitamin B6: 0.75mg (37.31%), Vitamin A: 1864.95IU (37.3%), Vitamin B3: 6.46mg (32.32%), Selenium: 20.96µg (29.95%), Phosphorus: 188.89mg (18.89%), Vitamin B1: 0.24mg (16%), Vitamin C: 13.18mg (15.97%), Fiber: 3.05g (12.2%), Potassium: 397.45mg (11.36%), Iron: 2.03mg (11.3%), Vitamin B5: 1.04mg (10.37%), Vitamin B2: 0.18mg (10.32%), Folate: 41.2µg (10.3%), Magnesium: 33.61mg (8.4%), Copper: 0.16mg (8.04%), Calcium: 70.28mg (7.03%), Zinc: 0.94mg (6.24%), Vitamin K: 3.49µg (3.32%), Vitamin E: 0.29mg (1.95%), Vitamin B12: 0.09µg (1.51%)