



Crock Pot Chicken Pot Pie

 Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



276 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 chicken breast boneless skinless frozen
- 1 large can cream of chicken soup (family size)
- 4 medium potatoes diced peeled
- 2.5 cups peas-carrots mix shopping list frozen
- 20 servings salt and pepper to taste
- 4 pie crust dough
- 1 pie crust dough melted

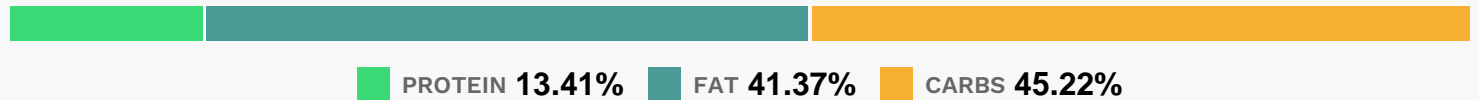
Equipment

- oven
- slow cooker

Directions

- In Crock Pot, combine chicken breasts, potatoes, frozen vegetables, cream of chicken soup and mix well.
- Add additional salt and pepper if desired.
- Cook on low for 6–8 hours until chicken is fully cooked. Use a sturdy spoon to break up the chicken after cooking. Preheat oven to 40
- Prepare pie crusts. Spoon chicken filling into pie crust.
- Top with pie crust.
- Cut slits into the top crust to vent steam during baking.
- Cut excess crust from edges and pinch to seal.
- Brush with egg white or melted butter and bake for 20–30 minutes until crust is fully cooked and golden brown on top.
- Allow pies to cool for at least 10 minutes before cutting. Best served hot.

Nutrition Facts



Properties

Glycemic Index:6.34, Glycemic Load:5.92, Inflammation Score:-8, Nutrition Score:9.6573913043478%

Flavonoids

Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Taste

Sweetness: 18.4%, Saltiness: 100%, Sourness: 13.61%, Bitterness: 17.77%, Savoriness: 38.1%, Fattiness: 92.5%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 275.79kcal (13.79%), Fat: 12.67g (19.49%), Saturated Fat: 3.88g (24.25%), Carbohydrates: 31.15g (10.38%), Net Carbohydrates: 28.55g (10.38%), Sugar: 0.41g (0.46%), Cholesterol: 15.68mg (5.23%), Sodium: 517.27mg (22.49%), Protein: 9.23g (18.47%), Vitamin A: 1697.79IU (33.96%), Vitamin B3: 4.26mg (21.3%), Vitamin B6: 0.33mg (16.69%), Manganese: 0.31mg (15.42%), Selenium: 10.28µg (14.69%), Vitamin B1: 0.2mg (13.38%), Vitamin C: 10.64mg (12.9%), Phosphorus: 117.57mg (11.76%), Folate: 44.08µg (11.02%), Iron: 1.87mg (10.42%), Fiber: 2.59g (10.38%), Potassium: 345.65mg (9.88%), Vitamin B2: 0.13mg (7.63%), Vitamin B5: 0.68mg (6.84%), Magnesium: 25.81mg (6.45%), Copper: 0.12mg (5.96%), Vitamin K: 4.58µg (4.36%), Zinc: 0.58mg (3.88%), Vitamin E: 0.33mg (2.17%), Calcium: 21.3mg (2.13%)