



Curried-Chicken Potpie

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounces baking potato diced peeled
- 0.5 teaspoon pepper black
- 1 tablespoon cider vinegar
- 2 tablespoons cornstarch
- 2 tablespoons curry powder
- 1 cup flour all-purpose
- 1 cup mushrooms fresh sliced
- 2 garlic cloves minced

- 0.5 cup golden raisins
- 3 tablespoons ice water
- 1.5 cups less sodium chicken broth fat-free
- 1 teaspoon olive oil
- 0.8 cup onion chopped
- 0.8 cup peas green frozen thawed
- 0.8 cup bell pepper red chopped
- 0.3 teaspoon salt
- 1 teaspoon salt
- 1.5 pounds skinned cut into bite-size pieces
- 0.3 cup vegetable shortening
- 1 tablespoon water

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- blender
- plastic wrap
- baking pan
- measuring cup

Directions

- To prepare crust, lightly spoon flour into a dry measuring cup, and level with a knife.
- Combine 1/4 cup flour, water, and vinegar in a small bowl, and stir with a whisk until well-blended to create a slurry. Set aside.

- Combine 3/4 cup flour and salt in a large bowl, and cut in shortening with a pastry blender or 2 knives until mixture resembles coarse meal.
- Add slurry to flour mixture, and toss with a fork until moist. Press the mixture gently into a 4-inch circle on heavy-duty plastic wrap; cover with additional plastic wrap. Chill 15 minutes.
- Preheat oven to 400
- To prepare filling, heat oil in a large nonstick skillet over medium-high heat.
- Add curry; cook 2 minutes.
- Add potato, onion, bell pepper, garlic, and chicken; stir-fry 3 minutes.
- Add broth and next 5 ingredients (broth through black pepper); bring to a boil. Cover, reduce heat, and simmer 5 minutes or until chicken is done.
- Combine cornstarch and water in a small bowl. Stir in cornstarch mixture and cream cheese; cook 1 minute or until cream cheese is melted.
- Spoon the filling into a round 2-quart casserole coated with cooking spray.
- Roll the crust into an 11-inch circle, and place over mixture.
- Cut 6 slits in top of the dough to allow steam to escape.
- Bake at 400 for 30 minutes or until golden brown and bubbly around the edges.
- Let stand 10 minutes.
- Note: You can also make this in an 11 x 7-inch baking dish. When you prepare the crust, press the dough into a 6 x 4-inch rectangle, and chill.
- Roll dough into an 11 x 7-inch rectangle and place over the filling.

Nutrition Facts



Properties

Glycemic Index:76.46, Glycemic Load:26.34, Inflammation Score:-8, Nutrition Score:24.814782567646%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

Nutrients (% of daily need)

Calories: 427.37kcal (21.37%), Fat: 13.3g (20.45%), Saturated Fat: 3.13g (19.56%), Carbohydrates: 46.64g (15.55%), Net Carbohydrates: 42.18g (15.34%), Sugar: 10.69g (11.88%), Cholesterol: 72.57mg (24.19%), Sodium: 644.13mg (28.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.25g (62.5%), Vitamin B3: 15.83mg (79.15%), Selenium: 46.16µg (65.95%), Vitamin B6: 1.26mg (63.02%), Vitamin C: 38.43mg (46.58%), Phosphorus: 376.71mg (37.67%), Potassium: 1021.88mg (29.2%), Manganese: 0.55mg (27.32%), Vitamin B1: 0.37mg (24.86%), Vitamin B2: 0.39mg (23.08%), Vitamin B5: 2.3mg (23.03%), Folate: 80.97µg (20.24%), Iron: 3.34mg (18.55%), Fiber: 4.46g (17.83%), Magnesium: 69.52mg (17.38%), Copper: 0.31mg (15.59%), Vitamin A: 777.51IU (15.55%), Vitamin K: 14.45µg (13.76%), Vitamin E: 1.63mg (10.89%), Zinc: 1.55mg (10.36%), Calcium: 48.87mg (4.89%), Vitamin B12: 0.29µg (4.87%)