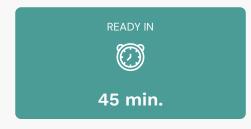
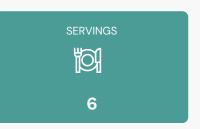


# **Curried-Chicken Potpie**

airy Free







LUNCH

MAIN COURSE

MAIN DISH

DINNER

# **Ingredients**

12 ounces baking potatoes diced peeled
O.5 teaspoon pepper black
1 tablespoon apple cider vinegar
2 tablespoons cornstarch
2 tablespoons curry powder
1 cup flour all-purpose
1 cup mushrooms fresh sliced

2 garlic clove minced

	0.5 cup golden raisins
	3 tablespoons water
	1.5 cups 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 chicken breast cut into bite-size pieces
	0.3 cup shortening
	1 tablespoon water
Ec	<b>Juipment</b>
브	bowl
Ц	frying pan
Ш	oven
	knife
	whisk
	blender
	plastic wrap
	baking pan
	measuring cup
Di	rections
	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 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 40	
	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 $6 \times 4$ -inch rectangle, and chill.	
	Roll dough into an 11 x 7-inch rectangle and place over the filling.	
Nutrition Facts		
	PROTEIN 28.99% FAT 27.75% CARBS 43.26%	

## **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, Kaempferol: 0.46mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 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: Og (100%), Alcohol %: O% (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%)