



## Curry Chicken Pot Pie

READY IN



55 min.

SERVINGS



8

CALORIES



546 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons butter
- 1 tablespoons canola oil
- 1 cup celery chopped
- 2 cups meat from a rotisserie chicken cubed cooked
- 1 teaspoon curry powder
- 2 tablespoons parsley dried
- 3 tablespoons flour
- 0.5 teaspoon ground pepper fresh
- 1.5 cups chicken broth low sodium

- 0.5 cup milk
- 1 cup onion chopped
- 1 package puff pastry
- 1 teaspoon salt
- 4 cups vegetable mix frozen

## Equipment

- frying pan
- sauce pan
- oven
- whisk
- pot
- baking pan
- aluminum foil

## Directions

- Watch how to make this recipe.
- Preheat oven to 400 degrees F.
- Toss frozen vegetables with canola oil and spread evenly onto a sheet pan.
- Place into oven and cook until golden brown.
- In a saute pan heat 1 tablespoon of butter and sweat the onion and celery. In another saucepan, heat the broth and milk.
- Add 2 more tablespoons of butter to the celery mix and cook out the water.
- Add the flour and curry and cook for 1 to 2 minutes.
- Whisk in the hot milk mixture and cook until thickened.
- Add the parsley, salt and pepper. Toss the browned vegetables and the chicken.
- Pour into a shallow baking pan, or a large terra cotta pot base, lined with foil, and top with 6 to 8 circles of puff pastry.

Place into the oven and cook until puff pastry has browned and the mixture is hot and bubbly, about 25 minutes.

## Nutrition Facts

**PROTEIN 13.3%** **FAT 53.55%** **CARBS 33.15%**

### Properties

Glycemic Index:45, Glycemic Load:21.14, Inflammation Score:-10, Nutrition Score:19.943043309709%

### Flavonoids

Apigenin: 22.88mg, Apigenin: 22.88mg, Apigenin: 22.88mg, Apigenin: 22.88mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

### Nutrients (% of daily need)

Calories: 546.11kcal (27.31%), Fat: 33.03g (50.81%), Saturated Fat: 9.85g (61.57%), Carbohydrates: 45.99g (15.33%), Net Carbohydrates: 40.56g (14.75%), Sugar: 2.32g (2.57%), Cholesterol: 39.37mg (13.12%), Sodium: 578.42mg (25.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.46g (36.92%), Vitamin A: 4861.77IU (97.24%), Vitamin B3: 7.36mg (36.82%), Selenium: 25.36µg (36.23%), Manganese: 0.66mg (33.1%), Vitamin B1: 0.42mg (28.06%), Folate: 90.87µg (22.72%), Vitamin B2: 0.38mg (22.21%), Fiber: 5.42g (21.7%), Vitamin K: 22.56µg (21.49%), Phosphorus: 202.7mg (20.27%), Iron: 3.35mg (18.59%), Vitamin B6: 0.3mg (15%), Vitamin C: 11.99mg (14.53%), Potassium: 456.65mg (13.05%), Magnesium: 48.23mg (12.06%), Copper: 0.22mg (11.06%), Zinc: 1.49mg (9.92%), Calcium: 72.56mg (7.26%), Vitamin B5: 0.63mg (6.26%), Vitamin E: 0.91mg (6.05%), Vitamin B12: 0.24µg (3.95%), Vitamin D: 0.17µg (1.12%)