



Deep Dish Chicken Pot Pie

READY IN



50 min.

SERVINGS



8

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 2.5 cups meat from a rotisserie chicken diced cooked
- 1 tablespoon herb-ox® chicken bouillon granules divided flavored
- 0.3 cup flour all-purpose
- 2 tablespoons parsley fresh chopped
- 10 ounce vegetables mixed frozen thawed
- 0.1 teaspoon ground pepper black
- 0.8 cup milk
- 0.5 cup onion chopped

- 2 ounce pimento diced
- 15 ounce pie crusts refrigerated
- 0.3 teaspoon thyme leaves dried
- 2 cups water

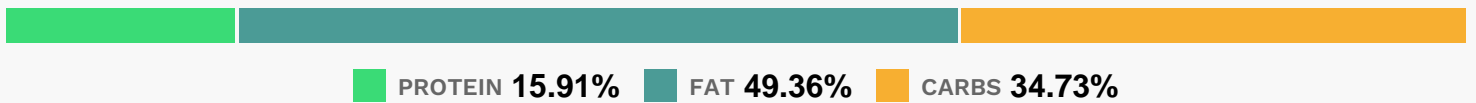
Equipment

- sauce pan
- oven

Directions

- Heat oven to 400 degrees F.
- Place one pastry into a 10-inch deep pie plate. In large saucepan, cook onion in butter until tender. Stir in flour, bouillon, thyme and pepper.
- Add water and milk all at once. Cook and stir until thickened and bubbly. Stir in mixed vegetables, chicken, pimento and parsley.
- Pour mixture into a 10-inch deep pie plate.
- Place top crust over chicken mixture. Flute edges of pastry and cut slits in the top to allow the steam to escape.
- Bake for 25–30 minutes or until pastry is golden brown and filling is hot.

Nutrition Facts



Properties

Glycemic Index:42.38, Glycemic Load:5.14, Inflammation Score:-9, Nutrition Score:13.991304319838%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 430.5kcal (21.53%), Fat: 23.57g (36.26%), Saturated Fat: 6.81g (42.58%), Carbohydrates: 37.31g (12.44%), Net Carbohydrates: 34.04g (12.38%), Sugar: 1.89g (2.1%), Cholesterol: 35.64mg (11.88%), Sodium: 496.92mg (21.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.09g (34.19%), Vitamin A: 2384.52IU (47.69%), Vitamin B3: 5.75mg (28.77%), Selenium: 16.38µg (23.39%), Vitamin K: 21.18µg (20.17%), Manganese: 0.39mg (19.62%), Vitamin B1: 0.28mg (18.57%), Phosphorus: 179.66mg (17.97%), Vitamin C: 13.25mg (16.06%), Folate: 63.42µg (15.86%), Iron: 2.74mg (15.22%), Vitamin B2: 0.26mg (15.09%), Vitamin B6: 0.29mg (14.47%), Fiber: 3.27g (13.08%), Potassium: 306.29mg (8.75%), Vitamin B5: 0.83mg (8.34%), Zinc: 1.25mg (8.31%), Magnesium: 32.86mg (8.22%), Calcium: 62.77mg (6.28%), Copper: 0.13mg (6.27%), Vitamin B12: 0.26µg (4.32%), Vitamin E: 0.55mg (3.67%), Vitamin D: 0.25µg (1.68%)