



Deep-Dish Chicken Pot Pie

READY IN



50 min.

SERVINGS



6

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup fat-skimmed beef broth fat-free reduced-sodium
- 2 tablespoons flour
- 3 cups savory vegetable mixed frozen thawed drained (peas, carrots, corn, green beans)
- 1 cup salad dressing italian kraft
- 4 ounces neufchatel cheese cubed ()
- 1 pie crust dough refrigerated
- 1 pound chicken breast boneless skinless cut into bite-size pieces

Equipment

- frying pan
- oven
- pot

Directions

- HEAT oven to 375F.
- COOK chicken in dressing in large skillet on medium heat 2 min.
- Add Neufchatel; cook and stir 3 to 5 min. or until melted. Stir in flour until well blended.
- Add broth and vegetables; stir. Simmer 5 min.
- POUR into 10-inch deep-dish pie plate; cover with pie crust. Seal and flute edge.
- Cut slits in crust to permit steam to escape.
- BAKE 30 min. or until golden brown.
- KRAFT kitchens tips:SUBSTITUTE
- If you don't have a 10-inch deep-dish pie plate, you can prepare this recipe in 2-qt. round casserole instead.
- MAKEOVER - HOW WE DID IT
- This comfort food classic has 210 fewer calories, 15 g less fat and 4 g less saturated fat per serving when compared to a double-crust pot pie made with cream cheese and regular dressing.

Nutrition Facts

PROTEIN 21.58% **FAT 47.22%** **CARBS 31.2%**

Properties

Glycemic Index:24.5, Glycemic Load:5.44, Inflammation Score:-10, Nutrition Score:19.992173713187%

Nutrients (% of daily need)

Calories: 425.58kcal (21.28%), Fat: 22.44g (34.53%), Saturated Fat: 6.41g (40.04%), Carbohydrates: 33.38g (11.13%), Net Carbohydrates: 28.96g (10.53%), Sugar: 4.87g (5.41%), Cholesterol: 62.37mg (20.79%), Sodium: 775.82mg (33.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.08g (46.15%), Vitamin A: 4816.99IU (96.34%), Vitamin B3: 10.13mg (50.67%), Selenium: 28.78µg (41.12%), Vitamin B6: 0.7mg (35.22%), Phosphorus: 269.58mg (26.96%), Vitamin K: 24.48µg (23.32%), Manganese: 0.39mg (19.6%), Vitamin B1: 0.27mg (18.02%), Fiber: 4.42g

(17.66%), Potassium: 570.1mg (16.29%), Vitamin B5: 1.48mg (14.83%), Vitamin B2: 0.25mg (14.51%), Folate: 56.66µg (14.16%), Vitamin C: 10.53mg (12.76%), Magnesium: 50.33mg (12.58%), Iron: 2.15mg (11.94%), Vitamin E: 1.21mg (8.06%), Zinc: 1.18mg (7.86%), Copper: 0.15mg (7.3%), Calcium: 60.25mg (6.02%), Vitamin B12: 0.25µg (4.1%)