



Deep-Dish Chicken Pot Pie

READY IN



50 min.

SERVINGS



6

CALORIES



549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup chicken broth fat-free reduced-sodium
- ☐ 2 tablespoons flour
- ☐ 3 cups vegetables mixed frozen thawed drained (peas, carrots, corn, green beans)
- ☐ 0.3 cup 1/4 cup kraft lite zesty italian dressing italian kraft
- ☐ 4 ounces philadelphia neufchatel cheese cubed
- ☐ 15 ounce ready-to-use pie crust refrigerated
- ☐ 1 pound chicken breasts boneless skinless cut into bite-size pieces

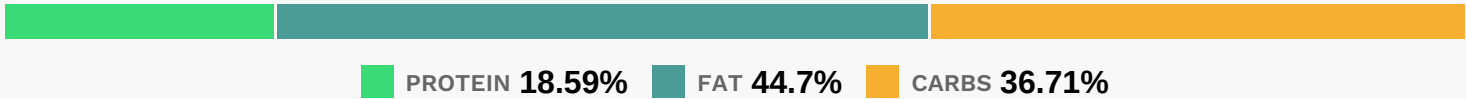
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 375 degrees F.
- ☐ 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.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:5.44, Inflammation Score:-10, Nutrition Score:21.697391385617%

Nutrients (% of daily need)

Calories: 549.49kcal (27.47%), Fat: 27.34g (42.06%), Saturated Fat: 9.01g (56.32%), Carbohydrates: 50.51g (16.83%), Net Carbohydrates: 45.03g (16.37%), Sugar: 1.7g (1.88%), Cholesterol: 62.37mg (20.79%), Sodium: 658.11mg (28.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.58g (51.15%), Vitamin A: 4806.84IU (96.14%), Vitamin B3: 11.24mg (56.22%), Selenium: 30.62µg (43.75%), Vitamin B6: 0.71mg (35.34%), Phosphorus: 295.81mg (29.58%), Manganese: 0.57mg (28.54%), Vitamin B1: 0.38mg (25.42%), Fiber: 5.48g (21.92%), Folate: 86.44µg (21.61%), Vitamin B2: 0.32mg (18.77%), Iron: 3.18mg (17.66%), Potassium: 586.69mg (16.76%), Vitamin B5: 1.65mg (16.55%), Magnesium: 55.25mg (13.81%), Vitamin C: 10.41mg (12.62%), Vitamin K: 11.14µg (10.61%), Zinc: 1.35mg (9%), Copper: 0.17mg (8.62%), Calcium: 64.51mg (6.45%), Vitamin E: 0.76mg (5.07%), Vitamin B12: 0.25µg (4.1%)