



Double-Crust Chicken Pot Pie

READY IN



45 min.

SERVINGS



8

CALORIES



713 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 cup carrots
- ☐ 14.5 oz chicken broth canned
- ☐ 3 cups roasted chicken cooked chopped
- ☐ 1 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1.5 cups hash browns frozen with onions and peppers cubed
- ☐ 2 medium leek sliced

- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 17.3 oz puff pastry frozen thawed
- ☐ 0.5 teaspoon salt

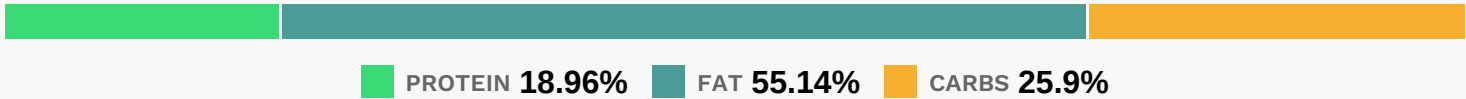
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 37
- ☐ Melt butter in a large skillet over medium heat; add leeks, and saut 3 minutes.
- ☐ Sprinkle with flour; cook, stirring constantly, 3 minutes.
- ☐ Whisk in chicken broth; bring to a boil, whisking constantly.
- ☐ Remove from heat; stir in chicken and next 5 ingredients.
- ☐ Roll each pastry sheet into a 12- x 10-inch rectangle on a lightly floured surface. Fit 1 sheet into a 9-inch deep-dish pie plate; spoon chicken mixture into pastry.
- ☐ Place remaining pastry sheet over filling in opposite direction of bottom sheet; fold edges under, and press with tines of a fork, sealing to bottom crust.
- ☐ Whisk together egg and 1 Tbsp. water, and brush over top of pie.
- ☐ Bake at 375 on lower oven rack 55 to 60 minutes or until browned.
- ☐ Let stand 15 minutes.

Nutrition Facts



Properties

Glycemic Index:44.35, Glycemic Load:22.71, Inflammation Score:-10, Nutrition Score:23.249999860059%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 713.26kcal (35.66%), Fat: 43.55g (67%), Saturated Fat: 15.6g (97.51%), Carbohydrates: 46.03g (15.34%), Net Carbohydrates: 43.39g (15.78%), Sugar: 2.15g (2.39%), Cholesterol: 118.82mg (39.61%), Sodium: 710.87mg (30.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.7g (67.4%), Vitamin A: 3756.53IU (75.13%), Vitamin K: 65.86µg (62.73%), Selenium: 42.28µg (60.4%), Vitamin B3: 9.33mg (46.67%), Manganese: 0.57mg (28.54%), Phosphorus: 273.96mg (27.4%), Vitamin B1: 0.41mg (27.03%), Iron: 4.42mg (24.54%), Vitamin B2: 0.4mg (23.42%), Folate: 91.81µg (22.95%), Vitamin B6: 0.45mg (22.55%), Zinc: 2.73mg (18.21%), Potassium: 475.64mg (13.59%), Vitamin B12: 0.75µg (12.43%), Vitamin C: 10.17mg (12.32%), Magnesium: 47.3mg (11.82%), Copper: 0.22mg (10.98%), Fiber: 2.64g (10.58%), Vitamin B5: 0.87mg (8.7%), Vitamin E: 1.23mg (8.17%), Calcium: 54.14mg (5.41%), Vitamin D: 0.18µg (1.18%)