



Easy As Chicken Pot Pie

READY IN



70 min.

SERVINGS



6

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 cups meat from a rotisserie chicken diced cooked
- ☐ 0.7 cup corn kernels frozen
- ☐ 1 teaspoon thyme leaves dried crumbled to taste
- ☐ 0.3 cup flour all-purpose
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 2 cups milk
- ☐ 1.3 cups peas-carrots mix shopping list frozen
- ☐ 1 sheet puff pastry frozen thawed

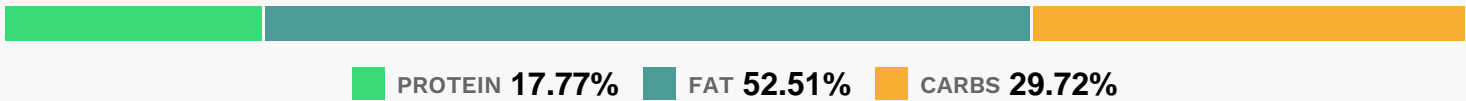
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ microwave
- ☐ pizza cutter

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Use a pizza cutter to slice the puff pastry into 8 equal-sized strips. Weave the strips into a square lattice and place on a greased baking sheet.
- ☐ Bake in preheated oven until it just starts to brown, 10 to 15 minutes.
- ☐ Remove from oven and set aside.
- ☐ Place the frozen peas, carrots, and corn in a microwave-safe bowl and cook in the microwave until cooked but still firm, 5 to 10 minutes.
- ☐ Melt the butter in a skillet over medium heat. Stir in the flour and cook for 1 minute.
- ☐ Pour in the milk and stir while cooking until the mixture is smooth.
- ☐ Add the thyme and continue to cook and stir until the mixture thickens. Stir in the cooked vegetables and the chicken. Season with salt and pepper. Cook until heated through, stirring frequently, 5 to 7 minutes.
- ☐ Pour the chicken mixture into a 2-quart baking dish.
- ☐ Lay the pastry lattice on top.
- ☐ Bake in the preheated oven until the crust is golden brown, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:41.83, Glycemic Load:14.3, Inflammation Score:-9, Nutrition Score:15.686521727106%

Nutrients (% of daily need)

Calories: 433.55kcal (21.68%), Fat: 25.47g (39.19%), Saturated Fat: 8.78g (54.87%), Carbohydrates: 32.44g (10.81%), Net Carbohydrates: 30.17g (10.97%), Sugar: 5.04g (5.6%), Cholesterol: 54.79mg (18.26%), Sodium: 259.74mg (11.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.4g (38.8%), Vitamin A: 3237.62IU (64.75%), Selenium: 25.21µg (36.02%), Vitamin B3: 6.41mg (32.03%), Phosphorus: 230.53mg (23.05%), Vitamin B1: 0.34mg (23%), Vitamin B2: 0.37mg (21.53%), Manganese: 0.37mg (18.29%), Folate: 62.27µg (15.57%), Vitamin B6: 0.29mg (14.57%), Iron: 2.46mg (13.65%), Calcium: 124.16mg (12.42%), Zinc: 1.53mg (10.21%), Potassium: 347.56mg (9.93%), Vitamin B12: 0.58µg (9.71%), Vitamin K: 10.18µg (9.7%), Vitamin B5: 0.91mg (9.13%), Fiber: 2.26g (9.05%), Magnesium: 35.84mg (8.96%), Vitamin D: 0.89µg (5.96%), Copper: 0.12mg (5.9%), Vitamin C: 3.86mg (4.68%), Vitamin E: 0.4mg (2.68%)