



WHATSheATE



## Easy Biscuit-Topped Chicken Pot Pie

READY IN



60 min.

SERVINGS



4

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 1 cup carrots sliced
- ☐ 1.5 cups chicken broth
- ☐ 3 tablespoons flour all-purpose
- ☐ 8 oz mushrooms fresh quartered
- ☐ 1 teaspoon kosher salt
- ☐ 1 cup cut pole beans frozen with tomato sauce) thawed cooked
- ☐ 2 cups meat from a rotisserie chicken diced shredded cooked

- ☐ 1 cup onion sweet chopped
- ☐ 1 cup self-rising wheat flour soft
- ☐ 0.5 cup whipping cream

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ microwave

## Directions

- ☐ Preheat oven to 37
- ☐ Microwave carrots and 2 Tbsp. water in a microwave-safe glass bowl at HIGH 1 to 2 minutes or until crisp-tender.
- ☐ Drain. Melt butter in a medium skillet over medium-high heat; add onion, and saut 2 minutes.
- ☐ Add mushrooms; cook, stirring constantly, 2 minutes.
- ☐ Add beans and carrots, and cook 2 minutes.
- ☐ Sprinkle all-purpose flour, salt, and pepper over vegetables. Cook, stirring constantly, 1 minute or until smooth. Gradually stir in broth; cook over medium-high heat, stirring constantly, 8 to 10 minutes or until mixture is thickened and bubbly. Stir in chicken. Stir together self-rising flour and cream just until dry ingredients are moistened. Turn dough out onto a lightly floured surface, and knead lightly 3 or 4 times. Pat or roll dough to 1/2-inch thickness; cut with a 3-inch round cutter to make 4 biscuits, reshaping once, if necessary. (Do not twist cutter as you cut.)
- ☐ Place 4 (10-oz.) ovenproof bowls in a jelly-roll pan. Divide hot chicken mixture among bowls, and top each with a biscuit.
- ☐ Bake at 375 for 20 minutes or until biscuits are golden brown.
- ☐ Note: We tested with White Lily Enriched Unbleached Self-Rising Flour.

## Nutrition Facts



 PROTEIN **22.46%**  FAT **42.16%**  CARBS **35.38%**

Properties

Glycemic Index:83.71, Glycemic Load:22.6, Inflammation Score:-10, Nutrition Score:24.149130416953%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg

Nutrients (% of daily need)

Calories: 467.75kcal (23.39%), Fat: 22.03g (33.89%), Saturated Fat: 11.82g (73.85%), Carbohydrates: 41.59g (13.86%), Net Carbohydrates: 37.85g (13.76%), Sugar: 6g (6.67%), Cholesterol: 102.93mg (34.31%), Sodium: 1046.28mg (45.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.41g (52.82%), Vitamin A: 5989.72IU (119.79%), Selenium: 36.55µg (52.21%), Vitamin B3: 10.32mg (51.62%), Folate: 156.47µg (39.12%), Vitamin B2: 0.65mg (38.24%), Vitamin B1: 0.44mg (29.42%), Phosphorus: 290.12mg (29.01%), Vitamin B6: 0.47mg (23.47%), Vitamin C: 17.6mg (21.33%), Manganese: 0.42mg (21.22%), Iron: 3.8mg (21.12%), Potassium: 701.26mg (20.04%), Vitamin B5: 1.91mg (19.1%), Copper: 0.37mg (18.51%), Fiber: 3.74g (14.95%), Zinc: 2.12mg (14.16%), Magnesium: 54.66mg (13.66%), Calcium: 86.56mg (8.66%), Vitamin K: 6.1µg (5.81%), Vitamin B12: 0.3µg (5.05%), Vitamin E: 0.72mg (4.8%), Vitamin D: 0.59µg (3.93%)