



Easy Chicken Pot Pie

READY IN



43 min.

SERVINGS



8

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds chicken tenderloins (10 tenders)
- 0.5 teaspoon sage dried
- 1 eggs lightly beaten
- 2 tablespoons flour all-purpose
- 2 cloves garlic minced
- 1 cup heavy cream
- 2 cups chicken stock see low-sodium
- 3 tablespoons olive oil extra-virgin
- 0.3 teaspoon oregano dried

- 1 cup pearl onions frozen
- 1 cup peas-carrots mix shopping list diced frozen
- 1 pie crust frozen thawed store bought
- 8 servings salt and pepper black freshly ground
- 0.5 teaspoon paprika sweet

Equipment

- frying pan
- oven
- knife
- tongs

Directions

- Watch how to make this recipe.
- Special equipment: 10-inch cast-iron pan
- Preheat the oven to 400 degrees F.
- Sprinkle the chicken tenders with paprika, sage, oregano, salt and pepper.
- Heat a 10-inch cast-iron pan over medium-high heat and add the olive oil. When the oil begins to swirl, add the seasoned chicken and saute until cooked through, about 4 minutes on the first side and 3 minutes on the second side.
- Remove the chicken to a plate with tongs, leaving the oil in the pan. Rest the chicken for a few minutes, and then chop into 1/2-inch cubes.
- To the same pan, add the onions and peas and carrots and sprinkle with salt and pepper. Stir and cook until the onions become tender, 3 to 5 minutes.
- Add the garlic and cook until fragrant, about 1 minute longer.
- Sprinkle in the flour and stir until the flour dissolves into the vegetables and juices.
- Add the chicken stock and raise to a simmer, stirring until thickened. Once the liquid has thickened, stir in the heavy cream. Season with salt, if needed.
- Return the chicken to the pan. Unfold the pie crust and place over the top of the filling, tucking the excess edges inside the pan.

Brush the crust evenly with the egg wash. Using a knife, gently cut 3 vents in the top of the crust.

Place in the oven and bake until the crust is golden brown, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:1.73, Inflammation Score:-9, Nutrition Score:15.624347894088%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg

Nutrients (% of daily need)

Calories: 388.77kcal (19.44%), Fat: 24.77g (38.1%), Saturated Fat: 10.1g (63.11%), Carbohydrates: 18.5g (6.17%), Net Carbohydrates: 16.7g (6.07%), Sugar: 2.25g (2.5%), Cholesterol: 108.51mg (36.17%), Sodium: 234.51mg (10.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.28g (46.56%), Vitamin B3: 10.69mg (53.45%), Selenium: 32.12µg (45.89%), Vitamin A: 2218.93IU (44.38%), Vitamin B6: 0.74mg (37.02%), Phosphorus: 262.64mg (26.26%), Vitamin B5: 1.55mg (15.47%), Vitamin B2: 0.25mg (14.96%), Potassium: 509.11mg (14.55%), Vitamin B1: 0.18mg (12.32%), Manganese: 0.23mg (11.56%), Folate: 37.67µg (9.42%), Vitamin E: 1.4mg (9.36%), Magnesium: 35.93mg (8.98%), Iron: 1.56mg (8.67%), Fiber: 1.79g (7.17%), Vitamin C: 5.59mg (6.77%), Vitamin K: 6.75µg (6.43%), Zinc: 0.96mg (6.41%), Copper: 0.11mg (5.55%), Vitamin B12: 0.33µg (5.43%), Calcium: 48.41mg (4.84%), Vitamin D: 0.67µg (4.47%)