



Easy Chicken Pot Pie



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



344 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6.8 oz chicken broth chopped canned
- ☐ 0.5 teaspoon celery flakes
- ☐ 10.8 oz cream of chicken soup canned
- ☐ 16 oz savory vegetable mixed drained canned
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon poultry seasoning
- ☐ 2 9-inch pie crust dough refrigerated ()

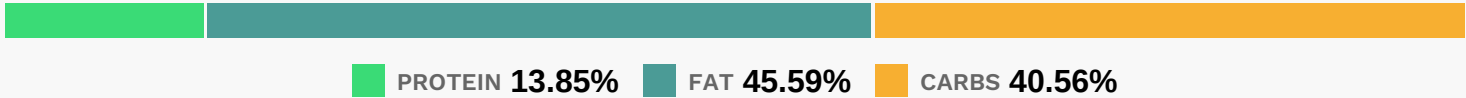
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Fit one pie crust into a 9" pie plate.
- ☐ Combine chicken and remaining 5 ingredients in a bowl; pour into pie crust.
- ☐ Moisten edges of pie crust with water; top with remaining crust. Fold edges under and crimp; cut slits in top.
- ☐ Bake at 400 for 45 to 50 minutes; let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:3.59, Inflammation Score:-9, Nutrition Score:10.713912991078%

Nutrients (% of daily need)

Calories: 343.69kcal (17.18%), Fat: 17.47g (26.88%), Saturated Fat: 5.32g (33.27%), Carbohydrates: 34.97g (11.66%), Net Carbohydrates: 31.43g (11.43%), Sugar: 0.21g (0.23%), Cholesterol: 15.01mg (5%), Sodium: 613.99mg (26.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.94g (23.88%), Vitamin A: 2993.46IU (59.87%), Manganese: 0.4mg (19.88%), Iron: 2.58mg (14.34%), Fiber: 3.54g (14.17%), Vitamin B1: 0.21mg (14.13%), Vitamin B3: 2.79mg (13.93%), Folate: 52.79µg (13.2%), Phosphorus: 118.09mg (11.81%), Selenium: 8.21µg (11.73%), Vitamin B2: 0.17mg (10.29%), Zinc: 1.19mg (7.94%), Copper: 0.15mg (7.62%), Vitamin C: 5.95mg (7.21%), Magnesium: 27.44mg (6.86%), Potassium: 225.5mg (6.44%), Vitamin B6: 0.13mg (6.3%), Vitamin K: 6.4µg (6.1%), Vitamin B12: 0.24µg (3.99%), Vitamin B5: 0.37mg (3.69%), Vitamin E: 0.51mg (3.43%), Calcium: 33.29mg (3.33%)