



Easy Weeknight Chicken Pot Pie

 Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon poultry seasoning
- ☐ 15 ounce pie crusts refrigerated softened pillsbury®
- ☐ 12 ounce valley vegetables mixed fresh green frozen thawed drained giant®
- ☐ 1.5 cups deli rotisserie chicken chopped

Equipment

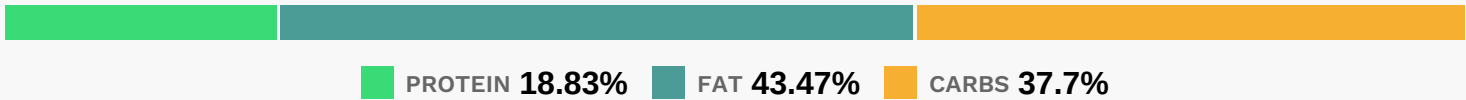
- ☐ bowl
- ☐ oven

☐ aluminum foil

Directions

- ☐ Heat oven to 425 degrees F. Make pie crusts as directed on box for Two-Crust Pie, using 9-inch glass pie plate.
- ☐ In medium bowl, stir together cooking sauce, poultry seasoning, 1/2 teaspoon salt and 1/4 teaspoon pepper until smooth. Stir in vegetables and chicken. Spoon into crust-lined pie plate. Top with second crust; seal edge and flute.
- ☐ Cut slits in several places in top crust.
- ☐ Bake 30 to 35 minutes or until crust is golden brown. After 15 minutes of baking, cover edge of crust with strips of foil to prevent excessive browning.
- ☐ Let stand 10 minutes before serving.
- ☐ Cut into wedges

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:3.97, Inflammation Score:-8, Nutrition Score:8.0439130897107%

Nutrients (% of daily need)

Calories: 366.36kcal (18.32%), Fat: 17.75g (27.31%), Saturated Fat: 5.35g (33.45%), Carbohydrates: 34.64g (11.55%), Net Carbohydrates: 31.49g (11.45%), Sugar: 0.02g (0.02%), Cholesterol: 42.59mg (14.2%), Sodium: 391.43mg (17.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.31g (34.61%), Vitamin A: 2163.2IU (43.26%), Manganese: 0.37mg (18.7%), Vitamin B1: 0.23mg (15.27%), Folate: 56.86µg (14.22%), Fiber: 3.15g (12.6%), Iron: 2.01mg (11.17%), Vitamin B3: 2.2mg (11.01%), Vitamin B2: 0.15mg (8.59%), Phosphorus: 67.79mg (6.78%), Selenium: 4.53µg (6.48%), Vitamin C: 4.44mg (5.38%), Magnesium: 19.32mg (4.83%), Vitamin K: 4.9µg (4.67%), Copper: 0.09mg (4.3%), Potassium: 146.75mg (4.19%), Vitamin B6: 0.07mg (3.54%), Zinc: 0.46mg (3.08%), Vitamin B5: 0.3mg (3.02%), Calcium: 22.56mg (2.26%), Vitamin E: 0.25mg (1.66%)