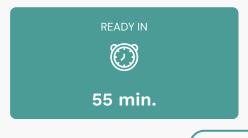
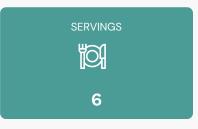


Easy Weeknight Chicken Pot Pie

Dairy Free







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

	0.5 teaspoon poultry seasoning
	1 box pie crust dough refrigerated softened pillsbury®
	12 oz savory vegetable mixed fresh green frozen thawed drained giant® steamers®

1.5 cups rotisserie chicken cut chopped

Equipment

bowl
oven
aluminum foil

Directions Heat oven to 425°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. Nutrition Facts

PROTEIN 19.69% FAT 44.8% CARBS 35.51%

Properties

Glycemic Index:7.5, Glycemic Load:2.41, Inflammation Score:-9, Nutrition Score:9.7282608799312%

Nutrients (% of daily need)

Calories: 450.3kcal (22.51%), Fat: 22.52g (34.65%), Saturated Fat: 6.78g (42.4%), Carbohydrates: 40.16g (13.39%), Net Carbohydrates: 36.21g (13.17%), Sugar: 0.02g (0.02%), Cholesterol: 56.78mg (18.93%), Sodium: 504.6mg (21.94%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 22.28g (44.55%), Vitamin A: 2884.23IU (57.68%), Manganese: 0.44mg (22.22%), Vitamin B1: 0.25mg (16.86%), Folate: 63.34µg (15.83%), Fiber: 3.95g (15.81%), Iron: 2.33mg (12.95%), Vitamin B3: 2.51mg (12.57%), Vitamin B2: 0.16mg (9.52%), Phosphorus: 81.74mg (8.17%), Vitamin C: 5.92mg (7.17%), Magnesium: 23.98mg (6%), Vitamin K: 6.21µg (5.91%), Selenium: 4.04µg (5.77%), Potassium: 186.01mg (5.31%), Copper: 0.1mg (5.21%), Vitamin B6: 0.09mg (4.5%), Zinc: 0.56mg (3.74%), Vitamin B5: 0.36mg (3.62%), Calcium: 28.5mg (2.85%), Vitamin E: 0.31mg (2.06%)