



## Easy Weeknight Chicken Pot Pie

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



450 kcal

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.
- Cut into wedges.

## 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: 0g (100%), Alcohol %: 0% (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%)