



## French Onion-Chicken Pot Pies

READY IN



60 min.

SERVINGS



8

CALORIES



685 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16.3 oz grands flaky refrigerator biscuits refrigerated canned
- 0.3 cup butter
- 0.3 cup sherry dry
- 0.3 cup flour all-purpose
- 16 oz mushrooms fresh sliced (6 cups)
- 1.5 cups gruyere cheese shredded
- 2 oz onion soup mix (2 envelopes)
- 1.5 cups onion halved thinly sliced
- 0.3 teaspoon pepper freshly ground

- 2.5 lb chicken thighs boneless skinless cut into 1/2-inch pieces
- 4 cups water

## Equipment

- frying pan
- baking sheet
- oven
- ramekin

## Directions

- Heat oven to 350F. Spray 8 (10-oz) ramekins or custard cups with cooking spray.
- Place ramekins on large cookie sheet with sides. In 12-inch nonstick skillet, melt 2 tablespoons of the butter over medium-high heat.
- Add chicken; cook about 10 minutes, stirring occasionally, until no longer pink in center.
- Remove chicken from skillet; discard chicken juices.
- Melt remaining 2 tablespoons butter in skillet.
- Add onions and mushrooms; cook and stir about 8 minutes or until golden brown.
- Sprinkle flour over vegetables. Cook and stir 1 minute. Stir in water, sherry and soup mix; heat to boiling. Boil about 3 minutes, stirring occasionally, until slightly thickened.
- Spoon chicken into ramekins (about 1/2 cup each). Spoon onion mixture over chicken (about 2/3 cup each).
- Sprinkle with pepper. Separate dough into 8 biscuits.
- Place 1 biscuit in each ramekin.
- Bake about 20 minutes or until biscuits are golden. Carefully remove from oven.
- Sprinkle 3 tablespoons cheese over each biscuit.
- Bake 4 to 5 minutes longer or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:30.63, Glycemic Load:26.33, Inflammation Score:-7, Nutrition Score:24.957391262054%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

## Nutrients (% of daily need)

Calories: 684.56kcal (34.23%), Fat: 34.95g (53.77%), Saturated Fat: 12.06g (75.35%), Carbohydrates: 49.48g (16.49%), Net Carbohydrates: 47.07g (17.11%), Sugar: 15.37g (17.08%), Cholesterol: 161.89mg (53.96%), Sodium: 1153.27mg (50.14%), Alcohol: 0.77g (100%), Alcohol %: 0.22% (100%), Protein: 40.87g (81.74%), Selenium: 46.32µg (66.17%), Vitamin B3: 12.26mg (61.32%), Phosphorus: 532.64mg (53.26%), Vitamin B2: 0.78mg (45.88%), Vitamin B6: 0.83mg (41.72%), Vitamin B1: 0.46mg (30.51%), Vitamin B5: 2.99mg (29.88%), Calcium: 296.19mg (29.62%), Zinc: 3.88mg (25.85%), Vitamin B12: 1.33µg (22.22%), Manganese: 0.43mg (21.5%), Potassium: 706.68mg (20.19%), Iron: 3.54mg (19.67%), Folate: 77.58µg (19.39%), Copper: 0.38mg (19.1%), Magnesium: 65.07mg (16.27%), Vitamin E: 1.98mg (13.18%), Vitamin A: 574.07IU (11.48%), Vitamin K: 11.5µg (10.95%), Fiber: 2.42g (9.67%), Vitamin C: 3.67mg (4.44%), Vitamin D: 0.26µg (1.75%)