

Garden Vegetable Chicken Pot Pie

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



702 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.1 oz pie crust dough refrigerated (2 Count)
- 1 tablespoon butter
- 1 tablespoon flour all-purpose
- 18.5 oz garden peas canned
- 12 oz savory vegetable mixed frozen thawed drained
- 2 cups roasted chicken cubed cooked
- 0.5 teaspoon thyme leaves dried

Equipment

sauce pan

oven

Directions

Heat oven to 400°F.

Remove pie crust from box; set aside.

In 3-quart saucepan, melt butter, stirring constantly. Stir in flour. Cook, stirring constantly, until smooth and bubbly. Stir in soup, vegetables, chicken and thyme.

Heat over high heat, stirring frequently, until mixture is hot and bubbly.

Pour into ungreased 2-quart casserole.

Unroll pie crust and place over top of casserole.

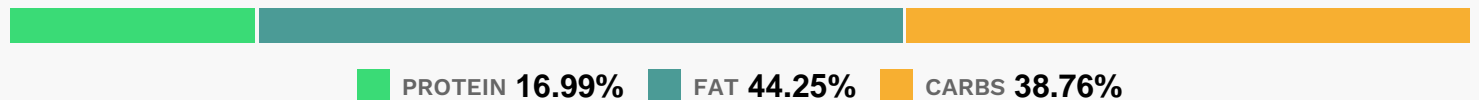
Roll up outer 1-inch edge of crust so rolled crust edge fits inside edge of casserole; press crust lightly onto soup mixture.

Cut several slits in crust to allow steam to escape.

Bake 30 to 35 minutes or until crust is golden brown.

Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:4.67, Inflammation Score:-10, Nutrition Score:37.65217397524%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.31mg, Isorhamnetin: 1.31mg, Isorhamnetin: 1.31mg, Isorhamnetin: 1.31mg Kaempferol: 17.05mg, Kaempferol: 17.05mg, Kaempferol: 17.05mg, Kaempferol: 17.05mg

Nutrients (% of daily need)

Calories: 702.22kcal (35.11%), Fat: 34.89g (53.68%), Saturated Fat: 10.12g (63.27%), Carbohydrates: 68.77g (22.92%), Net Carbohydrates: 61.34g (22.31%), Sugar: 5.77g (6.42%), Cholesterol: 52.5mg (17.5%), Sodium: 552.62mg (24.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.14g (60.29%), Vitamin K: 717.95µg (683.76%), Vitamin A: 13554.87IU (271.1%), Vitamin C: 99.72mg (120.88%), Manganese: 1.4mg (70.16%), Vitamin B3:

10.71mg (53.53%), Folate: 206.59µg (51.65%), Vitamin B2: 0.7mg (41.04%), Vitamin B6: 0.74mg (37.22%), Vitamin B1: 0.54mg (36.14%), Phosphorus: 359.27mg (35.93%), Selenium: 25.07µg (35.82%), Potassium: 1237.1mg (35.35%), Iron: 6.09mg (33.82%), Fiber: 7.43g (29.71%), Magnesium: 100.84mg (25.21%), Copper: 0.42mg (21.05%), Calcium: 157.2mg (15.72%), Vitamin B5: 1.55mg (15.53%), Zinc: 2.22mg (14.77%), Vitamin E: 1.49mg (9.91%), Vitamin B12: 0.21µg (3.44%)