



Gluten-Free Hearty Chicken Pot Pie

READY IN



45 min.

SERVINGS



6

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 1 medium onion chopped
- 12 oz savory vegetable mixed frozen
- 1.5 cups roasted chicken cooked
- 1.8 cups chicken broth
- 1 teaspoon lawry's seasoned salt gluten-free
- 0.5 teaspoon thyme dried
- 0.8 cup milk
- 3 tablespoons cornstarch

- 0.8 cup pancake mix gluten free
- 0.5 cup milk
- 1 eggs
- 2 tablespoons butter melted
- 1 tablespoon parsley fresh chopped

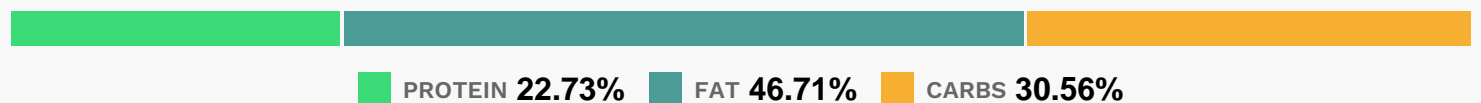
Equipment

- bowl
- sauce pan
- oven
- whisk
- toothpicks

Directions

- Heat oven to 350°F. In 3-quart saucepan, melt butter over medium heat.
- Add onion; cook, stirring frequently, until tender. Stir in vegetables, chicken, chicken broth, salt and thyme; heat to boiling. In small bowl, mix 3/4 cup milk and the cornstarch with wire whisk until smooth; stir into chicken mixture.
- Heat just to boiling.
- Pour into ungreased 2-quart casserole.
- In small bowl, stir all topping ingredients except parsley with fork until blended. Drop topping mixture by small spoonfuls over chicken mixture.
- Sprinkle with parsley.
- Bake 25 to 30 minutes or until toothpick inserted in center of topping comes out clean.

Nutrition Facts



Properties

Glycemic Index:46.67, Glycemic Load:3.7, Inflammation Score:-9, Nutrition Score:13.384782801504%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 265.22kcal (13.26%), Fat: 13.94g (21.44%), Saturated Fat: 7.01g (43.84%), Carbohydrates: 20.52g (6.84%), Net Carbohydrates: 17.54g (6.38%), Sugar: 3.56g (3.95%), Cholesterol: 92.61mg (30.87%), Sodium: 868.09mg (37.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.26g (30.52%), Vitamin A: 3350.41IU (67.01%), Phosphorus: 228.75mg (22.87%), Selenium: 14.22µg (20.32%), Vitamin B3: 3.92mg (19.58%), Vitamin B2: 0.3mg (17.85%), Vitamin B6: 0.28mg (14.09%), Calcium: 131.96mg (13.2%), Vitamin K: 13.26µg (12.63%), Vitamin B1: 0.18mg (11.95%), Fiber: 2.98g (11.91%), Manganese: 0.24mg (11.85%), Potassium: 364.98mg (10.43%), Vitamin C: 8.28mg (10.04%), Vitamin B12: 0.53µg (8.77%), Zinc: 1.32mg (8.77%), Magnesium: 34.86mg (8.72%), Iron: 1.56mg (8.65%), Vitamin B5: 0.86mg (8.59%), Folate: 32.49µg (8.12%), Copper: 0.11mg (5.38%), Vitamin D: 0.71µg (4.71%), Vitamin E: 0.36mg (2.41%)