



Gluten-Free Hearty Chicken Pot Pie



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons butter melted
- ☐ 1.5 cups roasted chicken cooked
- ☐ 1.8 cups chicken broth
- ☐ 3 tablespoons cornstarch
- ☐ 0.5 teaspoon thyme dried
- ☐ 1 eggs
- ☐ 1 tablespoon parsley fresh chopped

- ☐ 12 oz savory vegetable mixed frozen
- ☐ 0.5 cup milk
- ☐ 0.8 cup milk
- ☐ 1 medium onion chopped
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 0.8 cup frangelico gluten free
- ☐ 0.8 cup frangelico gluten free

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ toothpicks

Directions

- ☐ Heat oven to 350F. 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:30, Glycemic Load:3.7, Inflammation Score:-9, Nutrition Score:12.216521771058%

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: 229.99kcal (11.5%), Fat: 12.63g (19.43%), Saturated Fat: 3.44g (21.52%), Carbohydrates: 15.9g (5.3%), Net Carbohydrates: 13.23g (4.81%), Sugar: 3.55g (3.95%), Cholesterol: 61mg (20.33%), Sodium: 814.02mg (35.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.99g (27.99%), Vitamin A: 3410.39IU (68.21%), Vitamin B3: 3.71mg (18.57%), Selenium: 12.54µg (17.91%), Phosphorus: 177.79mg (17.78%), Vitamin B2: 0.25mg (14.89%), Vitamin B6: 0.27mg (13.27%), Vitamin K: 12.61µg (12.01%), Manganese: 0.21mg (10.72%), Fiber: 2.67g (10.67%), Vitamin C: 8.2mg (9.94%), Vitamin B1: 0.15mg (9.8%), Calcium: 97.58mg (9.76%), Potassium: 334.32mg (9.55%), Zinc: 1.18mg (7.9%), Magnesium: 31.38mg (7.85%), Vitamin B5: 0.77mg (7.74%), Vitamin B12: 0.46µg (7.74%), Iron: 1.34mg (7.46%), Folate: 26.46µg (6.61%), Copper: 0.1mg (5%), Vitamin D: 0.71µg (4.71%), Vitamin E: 0.43mg (2.89%)