



Healthier Chicken Pot Pie IX

READY IN



80 min.

SERVINGS



8

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1.5 cups carrots sliced
- ☐ 0.5 cup celery sliced
- ☐ 0.3 teaspoon celery seed
- ☐ 1.8 cups chicken broth
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.7 cup milk 1% low-fat ()
- ☐ 0.3 cup onion chopped

- ☐ 0.3 cup parsley italian chopped
- ☐ 1 cup peas green frozen
- ☐ 0.5 teaspoon salt
- ☐ 1 pound chicken breast halves boneless skinless cubed
- ☐ 2 9-inch unbaked pie crust whole wheat ()

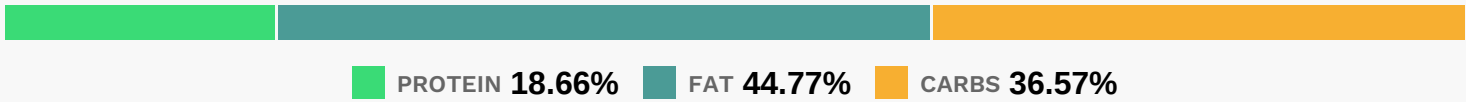
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Combine chicken, carrots, peas, and celery in a saucepan. Cover with water. Boil until chicken is no longer pink in the middle and vegetables are fork tender, about 15 minutes.
- ☐ Remove from heat, drain, and set aside.
- ☐ Cook and stir onions in butter in a saucepan over medium heat, until soft and translucent, about 5 minutes. Stir in flour, salt, pepper, and celery seed. Slowly stir in chicken broth and milk. Simmer over medium-low heat until thick, about 5 minutes. Stir in parsley and remove from heat. Set aside.
- ☐ Place chicken mixture in bottom pie crust; pour hot liquid mixture over. Cover with top crust, seal edges, and cut away excess dough. Make several small slits in top to allow steam to escape.
- ☐ Bake in preheated oven until pie is golden brown and filling is bubbly, 30 to 35 minutes. Cool for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:42.4, Glycemic Load:4.53, Inflammation Score:-10, Nutrition Score:19.119130295256%

Flavonoids

Apigenin: 4.27mg, Apigenin: 4.27mg, Apigenin: 4.27mg, Apigenin: 4.27mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 390.43kcal (19.52%), Fat: 19.29g (29.67%), Saturated Fat: 7.26g (45.35%), Carbohydrates: 35.44g (11.81%), Net Carbohydrates: 32.04g (11.65%), Sugar: 3.76g (4.18%), Cholesterol: 49.59mg (16.53%), Sodium: 671.81mg (29.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.09g (36.18%), Vitamin A: 4523.18IU (90.46%), Vitamin K: 44.56µg (42.44%), Vitamin B3: 8.38mg (41.89%), Selenium: 23.85µg (34.07%), Vitamin B6: 0.54mg (27.14%), Phosphorus: 217.22mg (21.72%), Manganese: 0.43mg (21.45%), Vitamin B1: 0.31mg (20.49%), Folate: 70.1µg (17.52%), Vitamin B2: 0.27mg (16.03%), Vitamin C: 12.54mg (15.2%), Fiber: 3.4g (13.58%), Potassium: 464.94mg (13.28%), Iron: 2.31mg (12.81%), Vitamin B5: 1.23mg (12.31%), Magnesium: 37.91mg (9.48%), Zinc: 1.04mg (6.95%), Calcium: 61.78mg (6.18%), Copper: 0.12mg (6.02%), Vitamin E: 0.7mg (4.69%), Vitamin B12: 0.25µg (4.21%), Vitamin D: 0.27µg (1.82%)