



Home-Style Pot Pie

READY IN



30 min.

SERVINGS



6

CALORIES



985 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup carrots diced
- 1 cup celery chopped
- 3 cups chicken breast diced cooked
- 1.3 cups chicken broth ready-to-serve canned
- 2 tablespoons cornstarch
- 10.8 ounce cream of chicken soup canned
- 2 eggs divided lightly beaten
- 3 cups flour all-purpose
- 1 cup mushrooms fresh sliced

- 2 tablespoons butter melted
- 0.5 cup onion chopped
- 0.8 cup peas frozen english thawed
- 0.8 cup potatoes diced frozen thawed
- 1 teaspoon salt
- 3 ounces cheddar cheese shredded
- 0.5 cup cup heavy whipping cream sour
- 1 cup vegetable shortening
- 0.3 cup water cold
- 2 tablespoons water
- 1 tablespoon vinegar white
- 1 tablespoon milk whole

Equipment

- frying pan
- oven

Directions

- Combine flour and salt; cut in shortening.
- Combine 1 egg, cold water, and vinegar; sprinkle over surface, stirring until dry ingredients are moistened. Shape into a ball; chill.
- Saute onion in margarine in a skillet 5 minutes. Stir in chicken and next 6 ingredients. Bring to a boil; cover, reduce heat, and simmer 20 minutes.
- Combine cornstarch and 2 tablespoons water; add to chicken mixture. Cook, stirring constantly, until mixture boils.
- Remove from heat; stir in soup, sour cream, and cheese.
- Roll half of pastry to 1/8-inch thickness. Fit into a deep 2-quart casserole. Spoon chicken mixture into casserole.
- Roll remaining pastry; place over chicken mixture. Trim, seal, and flute edges.
- Cut slits in pastry.

Combine 1 egg and milk; brush over pastry.

Bake at 400 for 30 minutes.

Nutrition Facts

PROTEIN 19.76% **FAT 53.02%** **CARBS 27.22%**

Properties

Glycemic Index:83.15, Glycemic Load:41.24, Inflammation Score:-10, Nutrition Score:32.610434739486%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 984.87kcal (49.24%), Fat: 57.67g (88.72%), Saturated Fat: 17.16g (107.23%), Carbohydrates: 66.64g (22.21%), Net Carbohydrates: 62.22g (22.62%), Sugar: 4.42g (4.91%), Cholesterol: 165.26mg (55.09%), Sodium: 1198.2mg (52.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.35g (96.7%), Selenium: 60.73µg (86.76%), Vitamin B3: 16.01mg (80.06%), Vitamin A: 3582.34IU (71.65%), Phosphorus: 482.57mg (48.26%), Vitamin B1: 0.67mg (44.74%), Vitamin B2: 0.74mg (43.57%), Folate: 160.45µg (40.11%), Vitamin B6: 0.75mg (37.44%), Manganese: 0.66mg (33.19%), Vitamin K: 34.41µg (32.77%), Iron: 5.72mg (31.75%), Zinc: 3.61mg (24.05%), Vitamin E: 3.39mg (22.62%), Vitamin B5: 2.08mg (20.78%), Potassium: 717.39mg (20.5%), Calcium: 189.71mg (18.97%), Vitamin C: 15.44mg (18.72%), Copper: 0.36mg (18.15%), Magnesium: 70.97mg (17.74%), Fiber: 4.43g (17.7%), Vitamin B12: 1.01µg (16.84%), Vitamin D: 0.55µg (3.67%)