



## Homestyle Chicken Pot Pie

READY IN



50 min.

SERVINGS



50

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 oz philadelphia cream cheese spread
- 2 cups vegetables mixed frozen thawed drained (carrots, corn, green beans, peas)
- 1 tsp garlic powder
- 0.3 cup milk
- 1 ready-to-use pie crust refrigerated
- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 0.3 tsp thyme leaves dried

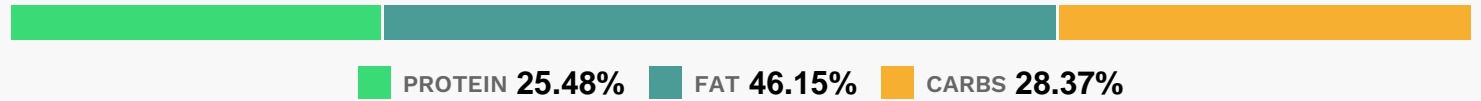
### Equipment

- frying pan
- baking sheet
- oven

## Directions

- Heat oven to 400F.
- Mix cream cheese spread, milk and seasonings until blended. Cook and stir chicken in large nonstick skillet on medium heat 5 to 6 min. or until chicken is lightly browned.
- Add vegetables; cook 1 to 2 min. or until heated through. Stir in cream cheese mixture; spoon into 9-inch pie plate.
- Cover with crust; seal and flute edge.
- Cut several slits in crust.
- Place pie plate on baking sheet.
- Bake 25 to 30 min. or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:2.66, Glycemic Load:0.33, Inflammation Score:-3, Nutrition Score:1.8504348131626%

## Nutrients (% of daily need)

Calories: 42.73kcal (2.14%), Fat: 2.18g (3.36%), Saturated Fat: 0.99g (6.19%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 2.63g (0.96%), Sugar: 0.2g (0.22%), Cholesterol: 8.76mg (2.92%), Sodium: 49.4mg (2.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.42%), Vitamin A: 417.69IU (8.35%), Vitamin B3: 1.13mg (5.65%), Selenium: 3.16µg (4.52%), Vitamin B6: 0.08mg (3.92%), Phosphorus: 27.29mg (2.73%), Manganese: 0.03mg (1.74%), Vitamin B1: 0.03mg (1.67%), Vitamin B5: 0.16mg (1.6%), Potassium: 54.89mg (1.57%), Fiber: 0.38g (1.53%), Vitamin B2: 0.02mg (1.34%), Folate: 4.89µg (1.22%), Magnesium: 4.82mg (1.2%), Iron: 0.2mg (1.09%), Vitamin C: 0.87mg (1.06%)