



Homestyle Chicken Pot Pie

READY IN



43 min.

SERVINGS



6

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce baking potato diced peeled
- ☐ 10.8 ounce cream of chicken soup reduced-fat reduced-sodium canned
- ☐ 10 ounce vegetables mixed frozen thawed
- ☐ 0.5 cup buttermilk low-fat
- ☐ 0.3 teaspoon pepper
- ☐ 2 ounce pimientos diced drained
- ☐ 15 ounce piecrusts refrigerated
- ☐ 0.5 teaspoon salt
- ☐ 1 pound skinned cut into cubes

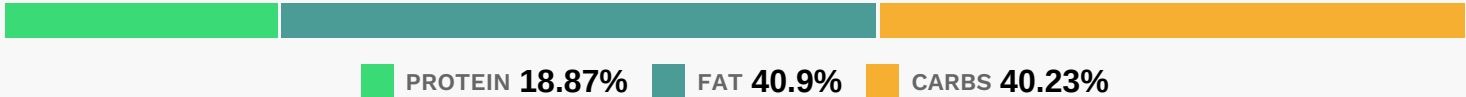
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place a large nonstick skillet over medium-high heat until hot. Coat skillet with cooking spray; add chicken, and cook 2 minutes, stirring often.
- ☐ Add soup and buttermilk, stirring well. Bring to a boil over medium-high heat; stir in mixed vegetables and potato. Cover, reduce heat, and simmer 20 minutes or until potato is tender. Stir in pimienta, salt, and pepper; remove from heat.
- ☐ Place piecrust on a baking sheet coated with cooking spray.
- ☐ Bake at 400 for 8 minutes or until lightly browned.
- ☐ Gently slide baked piecrust over mixture in skillet.

Nutrition Facts



Properties

Glycemic Index:41.63, Glycemic Load:9.13, Inflammation Score:-9, Nutrition Score:20.277391309324%

Nutrients (% of daily need)

Calories: 526.75kcal (26.34%), Fat: 23.89g (36.76%), Saturated Fat: 7.27g (45.42%), Carbohydrates: 52.89g (17.63%), Net Carbohydrates: 48.49g (17.63%), Sugar: 1.78g (1.98%), Cholesterol: 53.25mg (17.75%), Sodium: 983.24mg (42.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.8g (49.61%), Vitamin A: 2776.27IU (55.53%), Vitamin B3: 11.06mg (55.32%), Selenium: 29.96µg (42.8%), Vitamin B6: 0.81mg (40.47%), Phosphorus: 294.12mg (29.41%), Manganese: 0.55mg (27.7%), Vitamin B1: 0.35mg (23.16%), Vitamin C: 18.05mg (21.88%), Iron: 3.65mg (20.27%), Potassium: 680.73mg (19.45%), Folate: 74.32µg (18.58%), Vitamin B2: 0.31mg (18.23%), Fiber: 4.39g (17.57%), Vitamin B5: 1.71mg (17.1%), Magnesium: 55.36mg (13.84%), Copper: 0.23mg (11.53%), Zinc: 1.33mg (8.89%), Vitamin K: 9.21µg (8.77%), Calcium: 65.43mg (6.54%), Vitamin E: 0.84mg (5.59%), Vitamin B12: 0.2µg (3.25%)