



Individual Chicken Pot Pies

READY IN



185 min.

SERVINGS



8

CALORIES



652 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 tablespoons butter plus more for greasing the ramekins
- 16 tablespoons butter melted
- 2 cups buttermilk
- 2 medium carrots diced peeled
- 0.5 cup celery sliced (2 stalks)
- 1 teaspoon celery seeds
- 1 cup whole-kernel corn
- 0.5 cup flour all-purpose
- 1 pinch garlic powder

- 1 pinch ground pepper black
- 1 teaspoon ground pepper black
- 1.5 cups milk
- 1 medium onion diced finely
- 0.5 cup parmesan grated
- 1 cup peas green frozen
- 2 cups potatoes diced red peeled (3 or 4 medium potatoes)
- 4 teaspoons salt plus a pinch
- 2 cups self-rising flour
- 4 chicken breasts boneless skinless

Equipment

- baking sheet
- sauce pan
- oven
- whisk
- mixing bowl
- pot
- ramekin
- baking pan
- colander

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F.
- Place the chicken breasts in a large stockpot along with 2 teaspoons of the salt and enough water to cover. Bring to a boil, reduce the heat and simmer until the chicken is tender, about 30 minutes.

- Remove the chicken to a plate to cool, reserving 3 cups of the broth; supplement with canned chicken stock if you are short. When cool enough to handle, cut the chicken into bite-size pieces.
- While the chicken is cooking, combine the potatoes and the remaining 2 teaspoons salt in a medium stockpot. Fill with water to cover and bring to a boil over high heat. Lower the heat and cook until the potatoes are tender but not mushy, 15 to 20 minutes.
- Drain the potatoes in a colander and set aside to cool.
- Melt 4 tablespoons of the butter in a large saucepan over medium heat.
- Add the carrots and cook for 5 minutes.
- Add the celery, onion and a pinch of salt and pepper; cook until the onions are soft and almost translucent, 4 to 5 minutes.
- Add the remaining 4 tablespoons butter and, once melted, add the flour to make a roux. Cook the flour for 2 minutes, stirring constantly, then add the milk and reserved chicken broth. Simmer, stirring frequently, until the mixture thickens, 5 to 7 minutes. Stir in the chicken, corn, peas, celery seeds and garlic powder.
- Remove from the heat.
- Grease eight 10-ounce ramekins with butter and place on a large, rimmed baking sheet or jellyroll pan. (Alternatively, grease one 9-by-13-inch baking dish.)
- Evenly divide the potatoes among the ramekins. Spoon the filling over the potatoes, leaving about 1/4-inch of space at the top for the crust.
- For the crust: In a large mixing bowl, whisk together the baking mix and pepper until well blended.
- Whisk in the melted butter and buttermilk until smooth. Stir in the Parmesan.
- Pour some batter into each ramekin and smooth over the top, being careful not to mix it into the filling.
- Bake until the crust is crispy and nicely browned, 40 to 45 minutes.
- Let sit for 10 minutes before serving.

Nutrition Facts

 PROTEIN 15.09%  FAT 57.1%  CARBS 27.81%

Properties

Glycemic Index:69.65, Glycemic Load:22.31, Inflammation Score:-10, Nutrition Score:21.807391166687%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 651.81kcal (32.59%), Fat: 41.67g (64.1%), Saturated Fat: 25.11g (156.91%), Carbohydrates: 45.65g (15.22%), Net Carbohydrates: 42.07g (15.3%), Sugar: 8.9g (9.88%), Cholesterol: 142.8mg (47.6%), Sodium: 1742.52mg (75.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.78g (49.56%), Vitamin A: 4016.13IU (80.32%), Selenium: 38.75µg (55.36%), Vitamin B3: 7.8mg (39%), Phosphorus: 361.18mg (36.12%), Vitamin B6: 0.61mg (30.51%), Manganese: 0.54mg (27.02%), Calcium: 242.09mg (24.21%), Vitamin B2: 0.38mg (22.39%), Potassium: 663.38mg (18.95%), Vitamin B1: 0.27mg (18.05%), Vitamin B5: 1.67mg (16.71%), Folate: 62.17µg (15.54%), Vitamin C: 12.02mg (14.57%), Magnesium: 57.56mg (14.39%), Fiber: 3.58g (14.33%), Vitamin B12: 0.78µg (13.04%), Vitamin K: 12.98µg (12.36%), Zinc: 1.72mg (11.45%), Vitamin E: 1.46mg (9.73%), Copper: 0.19mg (9.35%), Vitamin D: 1.37µg (9.14%), Iron: 1.62mg (9.03%)