



Individual Chicken Pot Pies

 Popular

READY IN



60 min.

SERVINGS



6

CALORIES



820 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bouillon cubes
- 0.5 cup butter (1 stick)
- 2 large carrots cut in 1/2-inch rounds
- 1 rib celery sliced
- 4 cups chicken broth
- 3 tablespoons chives chopped
- 3 tablespoons cooking sherry dry
- 1 eggs with 1 tablespoon water beaten

- 0.5 cup flour all-purpose
- 2 cloves garlic chopped fine
- 0.3 cup heavy cream
- 1 onion finely chopped
- 7 ounce pearl onions frozen
- 9 ounce peas frozen
- 18 ounce rolled out pie dough store-bought
- 1 pound rotisserie chicken cut shredded store-bought
- 6 servings salt and pepper black freshly ground

Equipment

- bowl
- baking sheet
- sauce pan
- ladle
- oven
- ramekin
- dutch oven

Directions

- Watch how to make this recipe.
- Preheat your oven to 375 degrees F.
- In a large saucepan heat chicken broth and bouillon cube over medium heat until hot.
- In a Dutch oven, melt butter over medium heat.
- Add onions, carrots, celery, chives and garlic, and saute until tender. Season with salt and pepper.
- Add the flour and stir together until it becomes pasty and lump-free, about 2 minutes. Stir in the hot broth, heavy cream, sherry, chicken and frozen onions and peas. Bring to a boil then reduce to a simmer.

- With a ladle, fill 6 ovenproof ramekins or bowls with the filling.
- Place on baking sheet.
- Sprinkle flour on countertop.
- Roll out dough an extra inch. Using a biscuit round or mold, cut out dough to cover the tops of your oven-proof bowls, with about 1/2-inch hangover, depending on their size. Crimp the dough over the edge of the ramekin.
- Brush with the egg wash and make 4 small slits on the top.
- Sprinkle with kosher salt and place on a baking sheet.
- Bake for 35 minutes.
- Remove from the oven and serve.

Nutrition Facts

PROTEIN 15.62%

FAT 52.85%

CARBS 31.53%

Properties

Glycemic Index:70.69, Glycemic Load:9.4, Inflammation Score:-10, Nutrition Score:20.320869596108%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.6mg, Quercetin: 10.6mg, Quercetin: 10.6mg, Quercetin: 10.6mg

Nutrients (% of daily need)

Calories: 819.69kcal (40.98%), Fat: 48.04g (73.9%), Saturated Fat: 20.7g (129.38%), Carbohydrates: 64.48g (21.49%), Net Carbohydrates: 57.91g (21.06%), Sugar: 7.04g (7.82%), Cholesterol: 127.61mg (42.54%), Sodium: 1502.78mg (65.34%), Alcohol: 0.77g (100%), Alcohol %: 0.2% (100%), Protein: 31.93g (63.87%), Vitamin A: 5054.14IU (101.08%), Manganese: 0.85mg (42.37%), Vitamin B1: 0.51mg (34.03%), Folate: 125.84µg (31.46%), Vitamin C: 23.68mg (28.7%), Fiber: 6.57g (26.27%), Vitamin K: 27.16µg (25.87%), Vitamin B2: 0.41mg (23.94%), Vitamin B3: 4.52mg (22.61%), Iron: 3.72mg (20.68%), Phosphorus: 165.29mg (16.53%), Selenium: 10.92µg (15.6%), Potassium: 426.54mg (12.19%), Vitamin B6: 0.24mg (12.13%), Copper: 0.22mg (10.95%), Magnesium: 42.64mg (10.66%), Zinc: 1.32mg (8.79%), Vitamin E: 1.24mg (8.25%), Calcium: 72.92mg (7.29%), Vitamin B5: 0.66mg (6.57%), Vitamin B12:

0.09µg (1.43%), Vitamin D: 0.16µg (1.06%)