



Lady and Sons Chicken Pot Pie

READY IN



50 min.

SERVINGS



4

CALORIES



2662 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 cup carrots cooked chopped
- ☐ 0.3 cup chicken stock cube
- ☐ 4 chicken breast halves
- ☐ 2 tablespoons cooking oil
- ☐ 1 eggs beaten
- ☐ 0.7 cup flour all-purpose
- ☐ 1 pinch nutmeg fresh grated
- ☐ 1 tablespoon garlic minced

- ☐ 1 quart heavy cream
- ☐ 1 cup peas green frozen cooked
- ☐ 4 sheets puff pastry frozen
- ☐ 4 servings seasoned salt and pepper
- ☐ 0.5 small onion yellow minced

Equipment

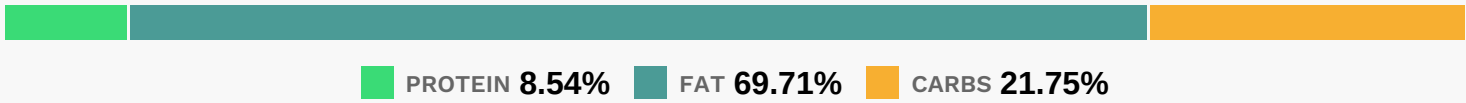
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot

Directions

- ☐ Special equipment: 4 (2-cup) individual baking dishes
- ☐ Crust: Preheat oven to 350 degrees F.
- ☐ Cut each sheet of frozen puff pastry into 1-inch strips, 8 inches long. On a large cookie sheet, weave strips into a lattice large enough to cover each pot pie.
- ☐ Brush beaten egg onto each lattice square.
- ☐ Bake for 5 minutes, or until dough has risen and turned light golden brown. Set aside until ready to assemble pies. Leave oven on at 350 degrees F.
- ☐ Filling: Season chicken with seasoned salt and pepper.
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add chicken and saute until cooked through.
- ☐ Remove from heat and cut into chunks. Alternatively, you may use precooked chicken. In a large saucepan, melt butter and then slowly add flour, stirring until consistency of peanut butter, but not brown like a roux. Slowly add cream and keep stirring.
- ☐ Add chicken base, garlic, and onion and stir until thickened.
- ☐ Add peas, carrots, nutmeg, if using, and cut up chicken.

- ☐
- Remove from heat. Fill 4 individual oven-proof bowls with chicken mixture and then top each with a pre-cooked lattice square.
- ☐
- Bake for 5 minutes or until bubbly. Any remaining pie filling may be frozen.

Nutrition Facts



Properties

Glycemic Index:99.79, Glycemic Load:74.16, Inflammation Score:-10, Nutrition Score:50.754782635233%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 2662kcal (133.1%), Fat: 207.66g (319.47%), Saturated Fat: 89.91g (561.94%), Carbohydrates: 145.75g (48.58%), Net Carbohydrates: 138.31g (50.29%), Sugar: 15.43g (17.15%), Cholesterol: 423.18mg (141.06%), Sodium: 4691.43mg (203.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.26g (114.51%), Vitamin A: 9670.46IU (193.41%), Selenium: 118.33µg (169.05%), Vitamin B3: 24.86mg (124.29%), Vitamin B1: 1.4mg (93.66%), Vitamin B2: 1.55mg (90.91%), Manganese: 1.63mg (81.46%), Folate: 285.23µg (71.31%), Phosphorus: 651.37mg (65.14%), Vitamin K: 66.94µg (63.75%), Vitamin B6: 1.16mg (58.25%), Iron: 8.93mg (49.62%), Vitamin E: 5.84mg (38.91%), Potassium: 1092.57mg (31.22%), Fiber: 7.44g (29.77%), Magnesium: 117.34mg (29.34%), Vitamin D: 4.12µg (27.46%), Vitamin B5: 2.73mg (27.31%), Calcium: 253.61mg (25.36%), Vitamin C: 20.61mg (24.98%), Copper: 0.46mg (23.2%), Zinc: 3.41mg (22.73%), Vitamin B12: 0.78µg (12.98%)