



## Light Chicken Potpie

READY IN



120 min.

SERVINGS



6

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 teaspoon double-acting baking powder
- 5 medium carrots cut into large chunks
- 3 stalks celery sliced
- 1 large eggs
- 1 cup flour for dusting all-purpose plus more
- 3 tablespoons flour all-purpose
- 0.5 cup parsley fresh minced
- 1 teaspoons thyme leaves fresh chopped
- 0.5 cup greek yogurt plain fat-free

- 6 servings kosher salt and pepper freshly ground
- 4.5 cups chicken broth low-sodium
- 0.3 cup milk 2%
- 2 tablespoons milk 2%
- 2 tablespoons olive oil extra-virgin
- 1 large onion diced finely
- 1 cup peas frozen
- 3 cups rotisserie chicken cut shredded skinless
- 2 small russet potatoes
- 0.3 teaspoon salt fine
- 4 tablespoons butter unsalted cold cut into small pieces

## Equipment

- food processor
- bowl
- baking sheet
- sauce pan
- oven
- pot
- plastic wrap
- casserole dish

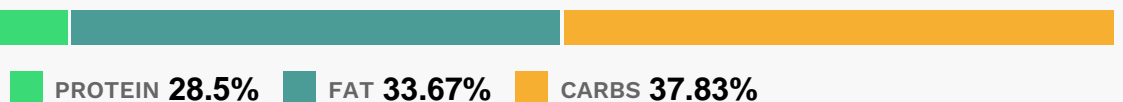
## Directions

- Prepare the crust: Pulse the flour, baking powder and salt in a food processor until combined.
- Add the butter, one piece at a time, pulsing until the mixture looks like coarse meal. Separate the egg; refrigerate the egg white. Beat the egg yolk and milk in a bowl, then add to the food processor, pulsing until the dough comes together. Turn out onto a lightly floured surface and gather into a ball. Flatten into a disk, wrap in plastic wrap and chill at least 1 hour.
- Meanwhile, make the filling: Preheat the oven to 425 degrees F. Prick the potatoes with a fork and bake directly on the oven rack until tender, about 45 minutes. Cool slightly, then peel and

break into small pieces.

- Bring the chicken broth, carrots and thyme to a simmer in a small saucepan over medium heat and cook 2 minutes; cover and keep warm. Meanwhile, heat the olive oil in a large pot over medium heat.
- Add the onion and cook until soft, about 8 minutes.
- Sprinkle in the flour and stir until lightly toasted, about 3 minutes.
- Add the milk, celery, potato pieces and the warm broth mixture and simmer until thickened, about 15 minutes.
- Remove from the heat and stir in the chicken, yogurt, peas and parsley. Season with salt and pepper.
- Transfer the filling to a 2-quart casserole dish.
- Roll out the dough on a lightly floured surface until about 1/2 inch thick and slightly larger than the dish. Beat the reserved egg white in a bowl; brush over the dough and season with salt and pepper. Press the dough against the sides of the dish.
- Place on a baking sheet and bake until the crust is golden brown, 20 to 25 minutes.
- Photograph by Kate Mathis

## Nutrition Facts



## Properties

Glycemic Index:92.32, Glycemic Load:24.88, Inflammation Score:-10, Nutrition Score:30.509565104609%

## Flavonoids

Apigenin: 11.36mg, Apigenin: 11.36mg, Apigenin: 11.36mg, Apigenin: 11.36mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg

## Nutrients (% of daily need)

Calories: 460.92kcal (23.05%), Fat: 17.56g (27.02%), Saturated Fat: 6.97g (43.53%), Carbohydrates: 44.39g (14.8%), Net Carbohydrates: 39.23g (14.27%), Sugar: 7.3g (8.11%), Cholesterol: 115.65mg (38.55%), Sodium: 687.06mg (29.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.45g (66.89%), Vitamin A: 9514.97IU

(190.3%), Vitamin K: 105.28µg (100.27%), Vitamin B3: 12.69mg (63.43%), Selenium: 36.83µg (52.62%), Phosphorus: 410.93mg (41.09%), Vitamin B6: 0.64mg (32.25%), Vitamin C: 25.59mg (31.01%), Potassium: 1024.62mg (29.27%), Vitamin B2: 0.5mg (29.14%), Vitamin B1: 0.43mg (28.72%), Folate: 111.96µg (27.99%), Manganese: 0.51mg (25.65%), Fiber: 5.16g (20.63%), Iron: 3.51mg (19.52%), Vitamin B5: 1.81mg (18.11%), Magnesium: 65.28mg (16.32%), Copper: 0.32mg (15.83%), Zinc: 1.99mg (13.28%), Calcium: 129.91mg (12.99%), Vitamin B12: 0.68µg (11.26%), Vitamin E: 1.59mg (10.57%), Vitamin D: 0.31µg (2.04%)