



 **60%**
HEALTH SCORE

Lighter Chicken Potpie

 Very Healthy

READY IN



70 min.

SERVINGS



4

CALORIES



560 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 ounces chicken breast halves bone-in
- 1 serving coarse mustard
- 3 tablespoons olive oil
- 4 carrots thick sliced
- 1 medium onion finely chopped
- 0.3 teaspoon thyme leaves dried
- 0.3 cup flour all-purpose
- 2.5 cups milk 1% low-fat ()

- 10 ounces peas frozen thawed
- 2 tablespoons juice of lemon fresh
- 6 sheets dough thawed (each 12 by 17 inches)

Equipment

- baking sheet
- sauce pan
- oven
- knife
- kitchen thermometer

Directions

- Preheat oven to 400 degrees.
- Place chicken on a rimmed baking sheet; season with salt and pepper. Roast until an instant-read thermometer inserted into thickest part of breast (avoiding bone) registers 165 degrees, 25 to 30 minutes.
- Let cool slightly; discard skin and bones. Shred meat, and set aside.
- While chicken is roasting, heat 2 tablespoons oil in a large saucepan over medium.
- Add carrots, onion, and thyme; season with salt and pepper, and cook until carrots are crisp-tender, 8 to 10 minutes.
- Add flour, and cook, stirring, 1 minute. Gradually add milk, stirring until smooth. Cook, stirring occasionally, until mixture comes to a simmer and thickens.
- Remove from heat; stir in peas, lemon juice, and chicken, and season with salt and pepper.
- Pour filling into a 9-inch deep-dish pie plate.
- Stack phyllo on a work surface. Using a paring knife, cut out an 11-inch circle from the stack; discard trimmings. Stack 2 circles on work surface, and brush gently with 1 teaspoon oil; repeat with remaining circles and oil.
- Place phyllo stack over filling, and press down about 1/2 inch from the edge so phyllo fits inside rim of pie plate.
- Bake until golden and bubbling, 20 to 25 minutes.

Let potpie cool 15 minutes before serving.

José Manuel Picayo Rivera

Nutrition Facts

 PROTEIN **35.19%**  FAT **30.25%**  CARBS **34.56%**

Properties

Glycemic Index:77.04, Glycemic Load:15.05, Inflammation Score:-10, Nutrition Score:39.725217391304%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

Nutrients (% of daily need)

Calories: 559.76kcal (27.99%), Fat: 18.61g (28.64%), Saturated Fat: 3.77g (23.57%), Carbohydrates: 47.84g (15.95%), Net Carbohydrates: 40.78g (14.83%), Sugar: 15.67g (17.41%), Cholesterol: 116.24mg (38.75%), Sodium: 453.43mg (19.71%), Protein: 48.73g (97.45%), Vitamin A: 11080.8IU (221.62%), Vitamin B3: 21.66mg (108.29%), Selenium: 68.72µg (98.18%), Vitamin B6: 1.62mg (80.81%), Phosphorus: 646.89mg (64.69%), Vitamin C: 39.13mg (47.43%), Vitamin B1: 0.65mg (43.61%), Vitamin B2: 0.65mg (38.31%), Potassium: 1312.08mg (37.49%), Vitamin B5: 3.36mg (33.65%), Manganese: 0.64mg (32.02%), Vitamin K: 33.3µg (31.72%), Folate: 113.66µg (28.41%), Fiber: 7.06g (28.25%), Magnesium: 102.63mg (25.66%), Calcium: 244.68mg (24.47%), Vitamin B12: 1.24µg (20.67%), Zinc: 2.9mg (19.34%), Iron: 3.3mg (18.31%), Vitamin E: 2.41mg (16.05%), Copper: 0.25mg (12.66%), Vitamin D: 1.79µg (11.95%)