



Loaded Chicken-Bacon Pot Pie

READY IN



95 min.

SERVINGS



6

CALORIES



1011 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bacon diced thick
- ☐ 1 cup carrots chopped
- ☐ 1.5 tablespoons mustard dry
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 8 oz mushrooms fresh halved
- ☐ 2 teaspoons thyme leaves fresh
- ☐ 2 garlic cloves chopped

- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 teaspoon kosher salt
- ☐ 3 cups chicken broth organic reduced-sodium
- ☐ 1 cup peas sweet frozen
- ☐ 17.3 oz puff pastry sheets frozen thawed
- ☐ 4 cups deli-roasted chicken shredded
- ☐ 1 medium size onion sweet chopped
- ☐ 6 servings garnish: thyme fresh
- ☐ 0.8 cup whipping cream

Equipment

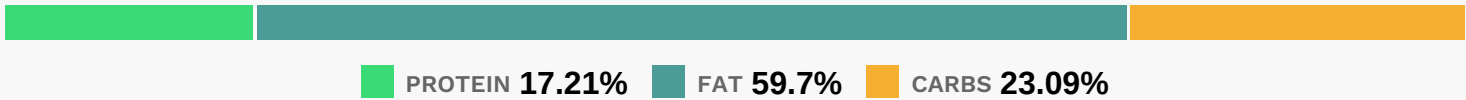
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 40
- ☐ Cook bacon in a Dutch oven over medium heat 8 to 10 minutes or until crisp.
- ☐ Drain on paper towels, reserving 3 Tbsp. drippings.
- ☐ Add onion to hot drippings, and saut 3 minutes.
- ☐ Add garlic and next 2 ingredients; saut 4 to 5 minutes or until carrots are crisp-tender.
- ☐ Remove from heat, and add wine. Return to heat; cook 2 minutes.
- ☐ Sprinkle with flour; cook, stirring constantly, 3 minutes.
- ☐ Whisk in broth; bring to a boil. Boil, whisking constantly, 2 to 3 minutes or until thickened. Stir in cream and next 4 ingredients.

- ☐ Remove from heat, and stir in chicken, peas, and bacon. Spoon mixture into a lightly greased 11- x 7-inch baking dish.
- ☐ Place pastry over hot filling, pressing edges to seal and trimming off excess. (Use scraps to cover any exposed filling, if necessary.)
- ☐ Whisk together egg and 1 Tbsp. water.
- ☐ Brush over pastry.
- ☐ Bake at 400 on lower oven rack 35 to 40 minutes or until browned and bubbly.
- ☐ Let stand 15 minutes before serving.
- ☐ Note: You can also make these in 6 (12-oz.) ramekins.
- ☐ Cut pastry into circles; place over ramekins after filling.
- ☐ Bake as directed.

Nutrition Facts



Properties

Glycemic Index:70.19, Glycemic Load:25.93, Inflammation Score:-10, Nutrition Score:32.625652105912%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg

Nutrients (% of daily need)

Calories: 1010.8kcal (50.54%), Fat: 66.28g (101.98%), Saturated Fat: 22.23g (138.92%), Carbohydrates: 57.68g (19.23%), Net Carbohydrates: 52.94g (19.25%), Sugar: 7.9g (8.78%), Cholesterol: 160.64mg (53.55%), Sodium: 1001.35mg (43.54%), Alcohol: 2.06g (100%), Alcohol %: 0.48% (100%), Protein: 43.01g (86.01%), Selenium: 64.53µg (92.18%), Vitamin A: 4382.53IU (87.65%), Vitamin B3: 16.7mg (83.49%), Vitamin B1: 0.71mg (47.03%), Phosphorus: 464.16mg (46.42%), Vitamin B2: 0.79mg (46.37%), Manganese: 0.77mg (38.59%), Vitamin B6: 0.76mg (38.08%),

Folate: 128.97µg (32.24%), Iron: 5.41mg (30.06%), Potassium: 845.62mg (24.16%), Copper: 0.47mg (23.52%), Zinc: 3.46mg (23.04%), Vitamin K: 23.36µg (22.25%), Vitamin C: 17.68mg (21.43%), Vitamin B5: 2.1mg (20.99%), Fiber: 4.74g (18.97%), Magnesium: 73.57mg (18.39%), Vitamin B12: 0.72µg (12.05%), Calcium: 91.97mg (9.2%), Vitamin E: 1.27mg (8.44%), Vitamin D: 0.88µg (5.84%)