



Mini Chicken and Broccoli Pot Pies

READY IN



55 min.

SERVINGS



12

CALORIES



140 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup broccoli florets steamed cut into 1/4 to 1/2-inch pieces, 2 ounces
- ☐ 1 small rotisserie chicken breast store-bought chopped
- ☐ 1 large eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup parmesan grated
- ☐ 2 10-inch round unfold-and-bake pie crusts frozen thawed
- ☐ 2 tablespoons butter unsalted at room temperature

☐ 0.8 cup milk whole at room temperature

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ cookie cutter
- ☐ muffin tray

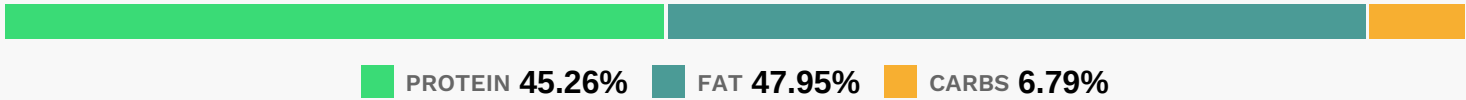
Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: 12-cup mini-muffin pan; 3-inch round cookie cutter; 2-inch round cookie cutter
- ☐ Place an oven rack in the center of the oven. Preheat the oven to 400 degrees F. Spray a 12-count mini-muffin pan with vegetable oil cooking spray. Set aside.
- ☐ For the pot pie filling: Melt the butter in a 1-quart saucepan over medium-low heat.
- ☐ Add the flour and whisk until smooth, 1 to 2 minutes. Gradually add the milk, whisking constantly to prevent lumps. Simmer over medium-low heat, whisking constantly, until the sauce is thick and smooth, about 6 minutes.
- ☐ Remove the pan from the heat and stir in the salt, pepper, Parmesan, chicken and broccoli.
- ☐ For assembly: On a lightly-floured work surface, roll out the dough 1/8-inch thick. Using the 3-inch round cookie cutter, cut out 12 pieces of dough. Using the 2-inch round cookie cutter, cut out another 12 pieces of dough. Press the large rounds of dough into the bottom of the prepared pan. Spoon the sauce into the pastry.
- ☐ Combine the egg and 1 teaspoon water in a small bowl, using a fork.
- ☐ Brush the edges of the pastry with the egg mixture and place the remaining pieces of dough on top. Lightly press the edges of the dough together to seal. Press around the edges of the

pies using the tines of a fork.

- ☐
- Brush the tops of each pie with the beaten egg.
- ☐
- Cut a 1/2-inch-long slit into the top of the pies using a paring knife.
- ☐
- Bake until the tops are golden and the filling is bubbling, 15 to 18 minutes. Cool for 10 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:1.08, Inflammation Score:-1, Nutrition Score:2.5691304310508%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 140kcal (7%), Fat: 7.49g (11.52%), Saturated Fat: 3.06g (19.15%), Carbohydrates: 2.38g (0.79%), Net Carbohydrates: 2.14g (0.78%), Sugar: 0.91g (1.01%), Cholesterol: 71.76mg (23.92%), Sodium: 415.85mg (18.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.9g (31.79%), Vitamin C: 6.76mg (8.2%), Vitamin K: 8.08µg (7.69%), Calcium: 50.41mg (5.04%), Phosphorus: 45.21mg (4.52%), Selenium: 2.69µg (3.84%), Vitamin B2: 0.06mg (3.72%), Vitamin A: 169.26IU (3.39%), Vitamin B12: 0.15µg (2.47%), Folate: 9.36µg (2.34%), Vitamin D: 0.3µg (1.98%), Vitamin B5: 0.18mg (1.83%), Vitamin B1: 0.03mg (1.79%), Manganese: 0.03mg (1.66%), Potassium: 57.16mg (1.63%), Vitamin B6: 0.03mg (1.62%), Zinc: 0.22mg (1.45%), Magnesium: 5.26mg (1.32%), Iron: 0.21mg (1.19%), Vitamin E: 0.17mg (1.14%)