



Mini Chicken Pot Pies

READY IN



38 min.

SERVINGS



4

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large egg white beaten
- 3 tablespoons flour all-purpose
- 0.3 cup basil fresh coarsely chopped
- 4 sage leaves fresh
- 2 tablespoons juice of lemon
- 2 cups milk 2% reduced-fat
- 2 teaspoons olive oil
- 0.3 teaspoon pepper
- 1 sheet puff pastry frozen thawed

- 2 cups roasted root vegetables leftover coarsely chopped
- 0.5 teaspoon salt
- 2 cups meat from a rotisserie chicken shredded leftover
- 2 teaspoons butter unsalted

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- whisk
- pot

Directions

- Preheat oven to 42
- Roll out puff pastry to 1/4-inch thick, and cut into 4 (6-inch) rounds to fit over 1-cup ovenproof bowls. Keep pastry covered and chilled.
- Heat butter and oil in a medium saucepan over moderate heat; add flour, and cook, whisking constantly, for 1 minute.
- Add the milk in a slow stream while whisking constantly; bring the mixture to a simmer. Simmer for about 5 minutes or until thickened. Stir in next 6 ingredients (through pepper). Spoon mixture into ovenproof bowls. Top bowls with pastry, pressing against the outside edge of the bowls to seal.
- Place a sage leaf on top of pastry, and brush with egg white.
- Bake pot pies on a baking sheet in middle of oven for 17 minutes or until pastry is golden brown.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:71.25, Glycemic Load:22.61, Inflammation Score:-6, Nutrition Score:21.963478357896%

Flavonoids

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 Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 626kcal (31.3%), Fat: 34.64g (53.3%), Saturated Fat: 10.27g (64.16%), Carbohydrates: 50.25g (16.75%), Net Carbohydrates: 45.84g (16.67%), Sugar: 9.89g (10.98%), Cholesterol: 67.32mg (22.44%), Sodium: 572.09mg (24.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.26g (56.52%), Selenium: 39.79µg (56.84%), Vitamin B3: 9.01mg (45.04%), Manganese: 0.78mg (38.9%), Vitamin B2: 0.6mg (35.01%), Phosphorus: 336.49mg (33.65%), Vitamin K: 32.89µg (31.32%), Vitamin B1: 0.44mg (29.35%), Folate: 114.97µg (28.74%), Vitamin B6: 0.41mg (20.68%), Calcium: 186.21mg (18.62%), Potassium: 646.37mg (18.47%), Vitamin C: 14.71mg (17.83%), Iron: 3.18mg (17.68%), Fiber: 4.41g (17.64%), Copper: 0.34mg (16.94%), Zinc: 2.41mg (16.07%), Vitamin B5: 1.56mg (15.57%), Magnesium: 60.66mg (15.17%), Vitamin B12: 0.84µg (14%), Vitamin E: 1.73mg (11.54%), Vitamin A: 292.41IU (5.85%)