



Mini Chicken Pot Pies with Bacon and Marjoram

READY IN



60 min.

SERVINGS



4

CALORIES



790 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 slices applewood-smoked bacon
- ☐ 2.5 cups baby carrots whole peeled
- ☐ 0.7 cup crème fraîche
- ☐ 4 teaspoons marjoram fresh chopped
- ☐ 8 ounce haricots verts trimmed halved
- ☐ 1.8 cups low-salt chicken broth
- ☐ 1.5 cups onion chopped
- ☐ 1 sheet puff pastry frozen thawed (half of 17.3-ounce package)

- ☐ 3 cups coarsely chicken from 1 purchased roasted chicken shredded skinless ()

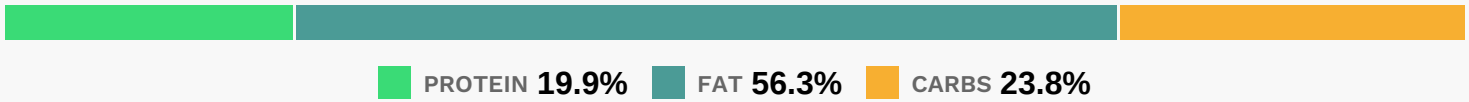
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ pie form

Directions

- ☐ Preheat oven to 450F. Cook bacon in heavy large skillet over medium heat until crisp.
- ☐ Drain on paper towels. Chop bacon.
- ☐ Add onion to drippings in skillet; sauté until tender and golden, about 8 minutes.
- ☐ Add next 3 ingredients; stir 1 minute.
- ☐ Add broth; bring to boil over high heat. Reduce heat to mediumhigh and boil until vegetables are almost tender and some liquid is reduced, about 8 minutes. Stir in 2/3 cup crème fraîche, chicken, and bacon. Bring to simmer. Season with pepper. Divide among four 2-cup soufflé dishes.
- ☐ Unfold puff pastry onto work surface; roll out to 12-inch square.
- ☐ Cut into 4 equal squares. Top filling in soufflé dishes with pastry; fold edges down onto rims of dish.
- ☐ Brush top of crusts (not edges) with remaining 1 tablespoon crème fraîche.
- ☐ Cut small X in center of crusts; pierce all over with fork.
- ☐ Bake until crusts are golden brown and filling is heated through, about 22 minutes.
- ☐ You can also make one large pot pie.
- ☐ Place the filling in a 9-inch-diameter deep-dish pie dish. Set the 12-inch pastry square over the filling, then fold down the edges onto the rim. Baking time will still be about 22 minutes.
- ☐ One serving contains the following: Calories (kcal) 624.27, % Calories from Fat 51.9, Fat (g) 36.03, Saturated Fat (g) 14.60, Cholesterol (mg) 135.43, Carbohydrates (g) 35.59, Dietary Fiber (g) 6.34, Total Sugars (g) 9.85, Net Carbs (g) 29.25, Protein (g) 37.89

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:17.31, Inflammation Score:-10, Nutrition Score:29.462609000828%

Flavonoids

Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 13.73mg, Quercetin: 13.73mg, Quercetin: 13.73mg, Quercetin: 13.73mg

Nutrients (% of daily need)

Calories: 789.55kcal (39.48%), Fat: 49.56g (76.24%), Saturated Fat: 15.59g (97.45%), Carbohydrates: 47.14g (15.71%), Net Carbohydrates: 41.35g (15.04%), Sugar: 10.1g (11.22%), Cholesterol: 119.52mg (39.84%), Sodium: 524.43mg (22.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.42g (78.83%), Vitamin A: 11725.5IU (234.51%), Vitamin B3: 14.32mg (71.58%), Selenium: 48.96µg (69.94%), Vitamin K: 44.22µg (42.11%), Phosphorus: 399.46mg (39.95%), Vitamin B6: 0.78mg (38.93%), Vitamin B1: 0.49mg (32.71%), Vitamin B2: 0.55mg (32.32%), Manganese: 0.64mg (32.24%), Folate: 107.19µg (26.8%), Iron: 4.62mg (25.68%), Potassium: 866.36mg (24.75%), Fiber: 5.79g (23.17%), Zinc: 2.85mg (19%), Vitamin B5: 1.82mg (18.25%), Copper: 0.34mg (17.17%), Magnesium: 68.24mg (17.06%), Vitamin C: 13.92mg (16.87%), Calcium: 123.46mg (12.35%), Vitamin B12: 0.63µg (10.43%), Vitamin E: 0.84mg (5.6%)