



Mini Crescent Chicken Pot Pies

READY IN



35 min.

SERVINGS



4

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 oz cream of chicken soup canned
- ☐ 1 cup roasted chicken cubed cooked
- ☐ 1 eggs
- ☐ 0.3 cup milk
- ☐ 1.5 cups peas-carrots mix shopping list frozen thawed
- ☐ 1 cup potatoes diced refrigerated with onions (from 20-oz bag) cooked
- ☐ 4 oz regular crescent rolls refrigerated canned
- ☐ 0.1 teaspoon thyme leaves dried
- ☐ 1 tablespoon water

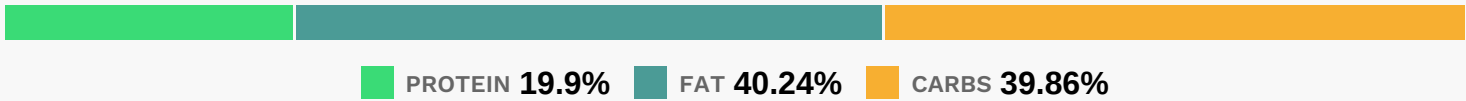
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Heat oven to 400°F.
- ☐ Place 4 (10-oz) individual baking dishes (ramekins) on large cookie sheet with sides.
- ☐ In 2-quart saucepan, mix peas and carrots, chicken, potatoes, soup, milk and 1/2 teaspoon thyme.
- ☐ Heat to boiling over medium-high heat, stirring occasionally.
- ☐ Remove from heat. Divide chicken mixture evenly among baking dishes.
- ☐ Separate dough into 4 triangles; place 1 triangle over each baking dish. In small bowl, beat egg and water.
- ☐ Brush over dough.
- ☐ Sprinkle with 1/8 teaspoon thyme.
- ☐ Bake 11 to 13 minutes or until golden brown.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:52.44, Glycemic Load:9.33, Inflammation Score:-10, Nutrition Score:15.173043406528%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 319.44kcal (15.97%), Fat: 14.64g (22.52%), Saturated Fat: 5.16g (32.27%), Carbohydrates: 32.63g (10.88%), Net Carbohydrates: 29.68g (10.79%), Sugar: 4.43g (4.92%), Cholesterol: 75.1mg (25.03%), Sodium: 849.88mg (36.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.29g (32.59%), Vitamin A: 5227.06IU (104.54%), Vitamin B3: 4.38mg (21.89%), Selenium: 14.51µg (20.73%), Vitamin C: 16.4mg (19.88%), Vitamin B6: 0.38mg (18.98%), Phosphorus: 189.49mg (18.95%), Iron: 2.77mg (15.41%), Potassium: 478.79mg (13.68%), Manganese: 0.27mg (13.31%), Vitamin B2: 0.22mg (12.79%), Vitamin B1: 0.19mg (12.42%), Fiber: 2.95g (11.8%), Copper: 0.23mg (11.5%), Vitamin B5: 0.97mg (9.72%), Zinc: 1.38mg (9.23%), Folate: 35.77µg (8.94%), Magnesium: 35.21mg (8.8%), Calcium: 60.62mg (6.06%), Vitamin B12: 0.28µg (4.7%), Vitamin K: 4.2µg (4%), Vitamin E: 0.54mg (3.6%), Vitamin D: 0.39µg (2.59%)