



Mom's Fabulous Chicken Pot Pie with Biscuit Crust

♥ Popular

READY IN



60 min.

SERVINGS



10

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16.3 ounce biscuits refrigerated flaky-style pillsbury grands® canned (such as)
- ☐ 0.3 cup butter
- ☐ 3 carrots chopped
- ☐ 3 rib celery chopped
- ☐ 3 cups meat from a rotisserie chicken cooked cut into bite-size pieces
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 egg yolk beaten

- ☐ 0.3 cup flour all-purpose
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 10 servings salt and ground pepper black to taste
- ☐ 0.7 cup half-and-half cream
- ☐ 2 cups lower-sodium chicken broth
- ☐ 1 small onion chopped
- ☐ 0.7 cup peas frozen
- ☐ 1 tablespoon water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Melt butter in a skillet over medium-low heat, and cook the onion, celery, and carrots until the celery and carrots are tender, about 15 minutes, stirring occasionally. Stir in peas, parsley, thyme and flour, and cook, stirring constantly, until the flour coats the vegetables and begins to fry, about 5 minutes.
- ☐ Whisk in chicken broth and half-and-half, and cook until the sauce is thick and bubbling. Season to taste with salt and black pepper, and mix in the chicken meat.
- ☐ Transfer the chicken, vegetables, and sauce into a 2-quart baking dish. Arrange biscuits on top of the filling. In a small bowl, beat egg yolk with water; brush egg yolk on the biscuits.
- ☐ Bake in the preheated oven until the biscuits are golden brown and the pie filling is bubbling, 20 to 25 minutes.
- ☐ Let rest 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:40.42, Glycemic Load:17.03, Inflammation Score:-9, Nutrition Score:15.374782681465%

Flavonoids

Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 339.73kcal (16.99%), Fat: 17.48g (26.89%), Saturated Fat: 6.16g (38.49%), Carbohydrates: 29.52g (9.84%), Net Carbohydrates: 27.58g (10.03%), Sugar: 4.02g (4.47%), Cholesterol: 69.25mg (23.08%), Sodium: 616.46mg (26.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.15g (32.31%), Vitamin A: 3478.25IU (69.57%), Phosphorus: 326.28mg (32.63%), Selenium: 21.9µg (31.28%), Vitamin B3: 5.47mg (27.36%), Vitamin K: 27.72µg (26.4%), Vitamin B1: 0.3mg (19.9%), Vitamin B2: 0.28mg (16.57%), Manganese: 0.3mg (15.13%), Iron: 2.56mg (14.24%), Folate: 56.56µg (14.14%), Vitamin B6: 0.26mg (13.08%), Potassium: 424.98mg (12.14%), Vitamin C: 7.23mg (8.76%), Zinc: 1.18mg (7.89%), Fiber: 1.95g (7.79%), Vitamin B5: 0.74mg (7.43%), Magnesium: 26.14mg (6.53%), Vitamin E: 0.98mg (6.52%), Calcium: 61.9mg (6.19%), Copper: 0.1mg (5.06%), Vitamin B12: 0.26µg (4.36%)