



Moroccan Chicken Pot Pie

READY IN



50 min.

SERVINGS



6

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons flour
- 3 tablespoons butter
- 0.3 cup golden raisins
- 0.3 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 1 optional: lemon
- 1 cup chicken broth
- 1 cup olive green pitted coarsely chopped
- 1 large onion cut into 1/2-inch cubes

- 1 teaspoon paprika
- 1 pie crust dough refrigerated
- 1.5 pounds chicken breast halves boneless skinless cut into 1-inch cubes

Equipment

- bowl
- frying pan
- oven
- knife
- pot
- pie form

Directions

- Preheat oven to 425°F.
- Mix chicken cubes with paprika, cumin, and cinnamon in large bowl to coat.
- Sprinkle chicken generously with salt and pepper.
- Cut lemon in half; remove seeds. Using small spoon, scoop out enough pulp and juice from between membranes to measure 2 tablespoons.
- Add to chicken mixture; stir to blend.
- Melt butter in large skillet over medium-high heat.
- Add onion, olives, and raisins. Sauté until onion is almost tender, about 4 minutes.
- Add chicken mixture and stir 1 minute.
- Sprinkle flour over; stir 1 minute.
- Add broth and bring to boil, stirring occasionally.
- Transfer filling to 9-inch-diameter deep-dish glass pie dish.
- Place pie crust over dish and seal dough edges to rim of dish. Using small paring knife, cut several slits in pie crust.
- Bake pot pie until crust is golden brown and juices are bubbling thickly, about 20 minutes.

Nutrition Facts

PROTEIN 27.81% FAT 44.54% CARBS 27.65%

Properties

Glycemic Index:43.19, Glycemic Load:5.66, Inflammation Score:-6, Nutrition Score:16.681739236998%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 398.91kcal (19.95%), Fat: 19.94g (30.67%), Saturated Fat: 7.13g (44.54%), Carbohydrates: 27.84g (9.28%), Net Carbohydrates: 24.87g (9.04%), Sugar: 6.51g (7.23%), Cholesterol: 87.62mg (29.21%), Sodium: 658.41mg (28.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.01g (56.02%), Vitamin B3: 13.52mg (67.62%), Selenium: 39.32µg (56.17%), Vitamin B6: 0.95mg (47.74%), Phosphorus: 297.77mg (29.78%), Vitamin B5: 1.84mg (18.39%), Potassium: 630.04mg (18%), Vitamin C: 13.04mg (15.81%), Vitamin B1: 0.2mg (13.18%), Vitamin B2: 0.22mg (12.98%), Manganese: 0.25mg (12.64%), Fiber: 2.97g (11.86%), Iron: 2.07mg (11.5%), Magnesium: 45.91mg (11.48%), Vitamin E: 1.52mg (10.12%), Vitamin A: 470.78IU (9.42%), Folate: 37µg (9.25%), Copper: 0.15mg (7.69%), Zinc: 0.97mg (6.46%), Vitamin B12: 0.28µg (4.63%), Calcium: 45.78mg (4.58%), Vitamin K: 3.8µg (3.62%)