



## Old Fashioned Chicken Potpie

READY IN



118 min.

SERVINGS



8

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup carrots chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 cups flour all-purpose divided
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 5 tablespoons water
- ☐ 2 teaspoons milk 1% low-fat
- ☐ 3 cups beef broth fat-free
- ☐ 0.5 cup onion chopped

- ☐ 1 cup peas frozen
- ☐ 2.3 cups potatoes – remove skin red cubed
- ☐ 2 cups rotisserie chicken cut diced cooked
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons butter unsalted
- ☐ 7 tablespoons butter unsalted chilled
- ☐ 0.3 cup water

## Equipment

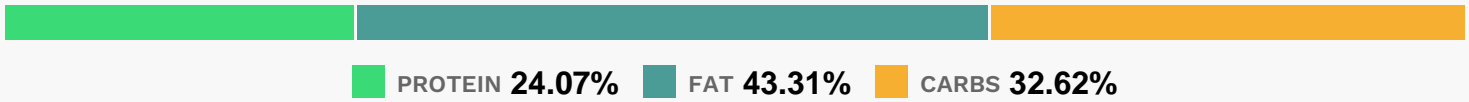
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ baking pan
- ☐ measuring cup
- ☐ dutch oven

## Directions

- ☐ To prepare crust, weigh or lightly spoon 75 ounces (about 1 1/2 cups) flour into dry measuring cups; level with a knife.
- ☐ Combine 75 ounces (about 1 1/2 cups) flour and 1/4 teaspoon salt in a large bowl; cut in 7 tablespoons butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add 5 tablespoons ice water; stir just until moist. Press mixture gently into a 5-inch circle; cover with plastic wrap. Chill 15 minutes.
- ☐ Roll dough into a 12 x 8-inch rectangle on a lightly floured surface. Chill dough until ready to use.
- ☐ Preheat oven to 40

- ☐ To prepare filling, melt 2 teaspoons butter in a Dutch oven over meduim-high heat.
- ☐ Add carrot, onion, and thyme; cook 8 minutes or until vegetables are soft.
- ☐ Add broth and potato; bring to a boil. Cover and simmer 10 minutes.
- ☐ Combine flour and 1/3 cup water in a small bowl; stir with a whisk until smooth. Return potato mixture to a boil. Slowly drizzle flour mixture into potato mixture, stirring constantly. Cook 1 minute or until mixture thickens. Stir in chicken, peas, 1/2 teaspoon salt, and pepper. Spoon chicken mixture into an 11 x 7-inch glass or ceramic baking dish coated with cooking spray.
- ☐ Place dough on top of chicken mixture, pressing to edge of dish.
- ☐ Cut 4 slits in top of crust to allow steam to escape. Gently brush crust with milk.
- ☐ Bake at 400 for 50 minutes or until golden and bubbly.
- ☐ Let stand 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:43.15, Glycemic Load:17.25, Inflammation Score:-9, Nutrition Score:11.104782640934%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

## Nutrients (% of daily need)

Calories: 373.15kcal (18.66%), Fat: 18.06g (27.78%), Saturated Fat: 9.46g (59.11%), Carbohydrates: 30.6g (10.2%), Net Carbohydrates: 27.75g (10.09%), Sugar: 2.65g (2.95%), Cholesterol: 90.71mg (30.24%), Sodium: 608.32mg (26.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.58g (45.16%), Vitamin A: 3221.61IU (64.43%), Vitamin B1: 0.31mg (20.51%), Folate: 73.7µg (18.43%), Manganese: 0.35mg (17.49%), Selenium: 10.4µg (14.86%), Vitamin C: 11.22mg (13.59%), Vitamin B3: 2.5mg (12.52%), Potassium: 428.37mg (12.24%), Fiber: 2.85g (11.39%), Vitamin B2: 0.19mg (11.33%), Iron: 1.88mg (10.44%), Vitamin K: 8.57µg (8.17%), Phosphorus: 77.79mg (7.78%), Copper: 0.12mg (6.08%), Vitamin B6: 0.12mg (5.84%), Magnesium: 21.19mg (5.3%), Zinc: 0.58mg (3.87%), Vitamin E: 0.52mg (3.45%), Vitamin B5: 0.29mg (2.85%), Calcium: 25.95mg (2.6%), Vitamin D: 0.25µg (1.67%)