



Old-Fashioned Chicken Potpie

READY IN



45 min.

SERVINGS



6

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup carrots sliced ()
- 2 cups roasted chicken diced cooked
- 3 cups chicken stock see divided
- 1 teaspoon apple cider vinegar
- 0.3 teaspoon thyme dried
- 0.5 cup flour all-purpose
- 1 cup flour all-purpose divided
- 3 tablespoons water
- 2 teaspoons milk 1% low-fat

- 1 Dash pepper black
- 1 cup peas green frozen
- 1 pound potatoes – remove skin red cubed
- 0.3 teaspoon salt
- 0.8 teaspoon salt
- 0.5 cup shallots chopped
- 2 teaspoons stick margarine
- 0.3 cup shortening

Equipment

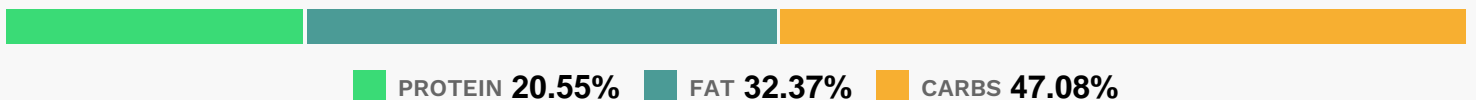
- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- blender
- plastic wrap
- casserole dish
- measuring cup
- colander

Directions

- To prepare crust, lightly spoon 1 cup flour into dry measuring cups; level with a knife.
- Combine 1/4 cup flour, ice water, and vinegar in a small bowl.
- Combine 3/4 cup flour and 1/4 teaspoon salt in a large bowl; cut in shortening with a pastry blender or 2 knives until mixture resembles coarse meal.
- Add vinegar mixture; stir just until moist. Press mixture gently into a 5-inch circle on heavy-duty plastic wrap; cover with additional plastic wrap. Chill for 15 minutes.

- Roll dough, still covered, into a 13 x 10-inch oval.
- Place dough in freezer 5 minutes or until plastic wrap can be easily removed.
- Preheat oven to 40
- To prepare filling, bring 2 1/2 cups Chicken Stock to a boil in a medium saucepan.
- Add potato and carrot; cook 2 minutes.
- Drain mixture in a colander over a bowl, reserving cooking liquid.
- Melt butter in a large nonstick skillet over medium heat.
- Add shallots; cook 3 minutes. Lightly spoon 1/2 cup flour into a dry measuring cup; level with a knife.
- Combine 1/2 cup flour and 1/2 cup Chicken Stock; stir with a whisk.
- Add to skillet. Stir in potato mixture, reserved cooking liquid, chicken, peas, 3/4 teaspoon salt, thyme, and pepper. Cook 10 minutes.
- Remove from heat; cool slightly. Spoon chicken mixture into a 1 1/2-quart casserole dish coated with cooking spray.
- Remove 1 sheet of plastic wrap from dough.
- Place dough on top of chicken mixture, pressing to edge of dish.
- Remove top sheet of plastic wrap.
- Cut 5 slits in top of crust to allow steam to escape. Gently brush crust with milk.
- Bake at 400 for 45 minutes or until golden.
- Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:57.19, Glycemic Load:19.67, Inflammation Score:-10, Nutrition Score:21.011304435199%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 418.69kcal (20.93%), Fat: 15g (23.07%), Saturated Fat: 3.75g (23.45%), Carbohydrates: 49.09g (16.36%), Net Carbohydrates: 44.33g (16.12%), Sugar: 6.98g (7.75%), Cholesterol: 38.68mg (12.89%), Sodium: 643.63mg (27.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.43g (42.86%), Vitamin A: 3841.35IU (76.83%), Vitamin B3: 9.05mg (45.23%), Selenium: 25.82µg (36.89%), Vitamin B1: 0.47mg (31.38%), Vitamin B6: 0.55mg (27.33%), Folate: 105.76µg (26.44%), Manganese: 0.52mg (26.17%), Phosphorus: 249.53mg (24.95%), Vitamin B2: 0.4mg (23.52%), Vitamin C: 19.27mg (23.36%), Potassium: 807.95mg (23.08%), Iron: 3.54mg (19.66%), Fiber: 4.75g (19.02%), Vitamin K: 16.78µg (15.98%), Copper: 0.31mg (15.47%), Magnesium: 53.28mg (13.32%), Zinc: 1.79mg (11.92%), Vitamin B5: 1.01mg (10.08%), Vitamin E: 0.82mg (5.47%), Calcium: 45.89mg (4.59%), Vitamin B12: 0.15µg (2.45%)