



Philly Chicken Pot Pie

READY IN



55 min.

SERVINGS



6

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 270 g philadelphia herb & garlic cooking creme cream cheese product
- ☐ 2 cups vegetables mixed frozen thawed (carrots, corn, peas)
- ☐ 1 9-inch ready-to-use pie crust refrigerated ()
- ☐ 1 pound chicken breasts boneless skinless cut into bite-size pieces

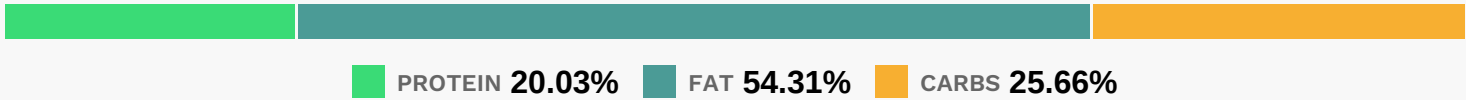
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400 degrees F.
- ☐ Cook and stir chicken in large nonstick skillet on medium heat 6 to 7 min. or until lightly browned.
- ☐ Add vegetables and Cooking Creme; cook and stir 1 to 2 min. or until heated through.
- ☐ Transfer to 9-inch pie plate sprayed with cooking spray. Cover with crust; seal to edge of pie plate with fork.
- ☐ Cut several slits in crust.
- ☐ Place on baking sheet.
- ☐ Bake 30 min. or until golden brown.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:2.58, Inflammation Score:-9, Nutrition Score:14.800434869269%

Nutrients (% of daily need)

Calories: 433.86kcal (21.69%), Fat: 26.61g (40.95%), Saturated Fat: 12.01g (75.09%), Carbohydrates: 28.29g (9.43%), Net Carbohydrates: 25.03g (9.1%), Sugar: 0g (0%), Cholesterol: 97.3mg (32.43%), Sodium: 497.11mg (21.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.08g (44.16%), Vitamin A: 3103.67IU (62.07%), Vitamin B3: 9.54mg (47.72%), Selenium: 26.33µg (37.62%), Vitamin B6: 0.64mg (32.06%), Phosphorus: 218.55mg (21.86%), Manganese: 0.31mg (15.33%), Vitamin B1: 0.21mg (14.27%), Vitamin B5: 1.31mg (13.11%), Fiber: 3.26g (13.04%), Potassium: 440.66mg (12.59%), Folate: 43.95µg (10.99%), Vitamin B2: 0.18mg (10.81%), Magnesium: 39.22mg (9.8%), Iron: 1.72mg (9.57%), Vitamin C: 7.22mg (8.75%), Zinc: 0.86mg (5.74%), Copper: 0.1mg (5.09%), Calcium: 25.28mg (2.53%), Vitamin B12: 0.15µg (2.52%), Vitamin K: 2.58µg (2.46%), Vitamin E: 0.3mg (1.98%)