



## Pot Pie

READY IN



60 min.

SERVINGS



12

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 4 Tablespoons butter
- ☐ 0.5 cup carrots diced finely
- ☐ 0.5 cup celery diced finely
- ☐ 0.3 cup flour
- ☐ 12 servings thyme sprigs fresh chopped to taste
- ☐ 0.3 cup half and half
- ☐ 3 cups chicken broth low-sodium plus more if needed
- ☐ 0.5 cup onion diced finely
- ☐ 12 servings salt and pepper to taste

- ☐ 3 cups chicken shredded cooked
- ☐ 0.3 teaspoon turmeric
- ☐ 1 pie crust dough whole
- ☐ 2 Tablespoons water
- ☐ 1 eggs whole

## Equipment

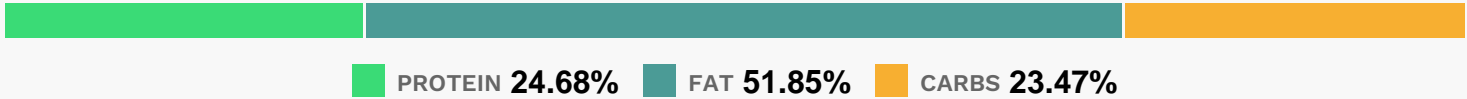
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

## Directions

- ☐ Preheat the oven to 375 F.Melt the butter in a large pot over medium-high heat, then add the onion, carrots, and celery. Stir them around until the onions start to turn translucent, about 3 minutes.Stir in the chicken or turkey and then sprinkle the flour over the top and stir it until it's all combined with the turkey and vegetables. Cook for 1 minute, then pour in the chicken broth (and wine if using) and stir it around and let it cook and thicken.Once it starts to thicken add the turmeric, salt, pepper, and thyme.
- ☐ Add the half-and-half or cream, then stir the mixture and let it bubble up and thicken, about 3 minutes. If it seems overly thick, splash in a little more broth. Turn off the heat.
- ☐ Pour the filling into a 2-quart baking dish.
- ☐ Roll out the pie crust on a floured surface and lay it over the top of the dish. Press the dough so that the edges stick to the outside of the pan. Use a knife to cut little vents here and there in the surface of the dough.
- ☐ Mix together the egg with 2 tablespoons water and brush it all over the surface of the crust. (You will have some egg wash left over.)

- ☐
- Place the pie on a rimmed baking sheet and bake for 25 to 30 minutes, until the crust is deep golden brown and the filling is bubbly. To prevent the crust from getting too brown, you might want to cover it lightly with foil for the first 15 minutes of baking time.
- ☐
- Serve up servings by the (big ol') spoonful!

Nutrition Facts



Properties

Glycemic Index:23.4, Glycemic Load:1.81, Inflammation Score:-9, Nutrition Score:6.8934783365415%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 194.02kcal (9.7%), Fat: 11.15g (17.16%), Saturated Fat: 4.78g (29.87%), Carbohydrates: 11.36g (3.79%), Net Carbohydrates: 10.46g (3.8%), Sugar: 0.9g (1%), Cholesterol: 51.69mg (17.23%), Sodium: 341.57mg (14.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.95g (23.89%), Vitamin A: 1126.28IU (22.53%), Vitamin B3: 4.21mg (21.04%), Selenium: 11.69µg (16.7%), Phosphorus: 117.06mg (11.71%), Vitamin B6: 0.19mg (9.46%), Vitamin B2: 0.15mg (8.61%), Iron: 1.34mg (7.42%), Manganese: 0.13mg (6.45%), Vitamin B1: 0.09mg (6.16%), Potassium: 205.18mg (5.86%), Folate: 22.71µg (5.68%), Zinc: 0.79mg (5.3%), Vitamin B5: 0.52mg (5.22%), Copper: 0.08mg (4.02%), Magnesium: 15.16mg (3.79%), Fiber: 0.9g (3.61%), Vitamin B12: 0.21µg (3.51%), Vitamin K: 3.41µg (3.25%), Vitamin C: 2.6mg (3.15%), Calcium: 27.51mg (2.75%), Vitamin E: 0.28mg (1.84%)