



Pot Pie Filling

READY IN



45 min.

SERVINGS



32

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups butter
- ☐ 1 pound carrots cooked sliced
- ☐ 6 rib celery chopped
- ☐ 98 ounce chicken broth canned
- ☐ 3 cups flour all-purpose
- ☐ 2 teaspoons hot sauce
- ☐ 5 cups milk
- ☐ 2 large onions chopped
- ☐ 3.5 cups peas green frozen thawed

- ☐ 1 tablespoon pepper
- ☐ 1.5 teaspoons poultry seasoning
- ☐ 1 tablespoons salt
- ☐ 16 cups meat from a rotisserie chicken whole cooked chopped (8 roasted chickens)

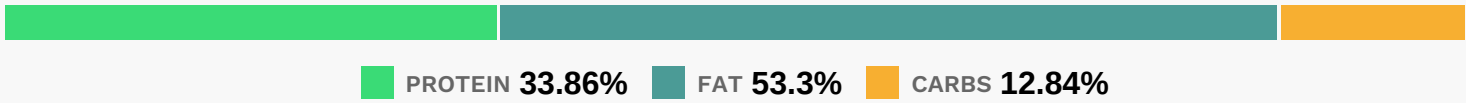
Equipment

- ☐ pot

Directions

- ☐ Melt butter in a 4- to 6-gallon stockpot over medium heat; add onions and celery, and saut until tender.
- ☐ Add flour, stirring until blended; cook, stirring constantly, 2 minutes. Stir in broth and milk, stirring constantly. Bring to a boil, stirring constantly, and cook 2 minutes. Stir in chicken, sliced carrots, and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:9.22, Glycemic Load:8.43, Inflammation Score:-9, Nutrition Score:18.980434853098%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg 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: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 519.28kcal (25.96%), Fat: 30.26g (46.56%), Saturated Fat: 7.53g (47.05%), Carbohydrates: 16.4g (5.47%), Net Carbohydrates: 14.57g (5.3%), Sugar: 3.84g (4.27%), Cholesterol: 100.49mg (33.5%), Sodium: 922.16mg (40.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.25g (86.5%), Vitamin A: 3499.65IU (69.99%), Selenium: 38.26µg (54.65%), Vitamin B3: 8.82mg (44.13%), Phosphorus: 348.63mg (34.86%), Vitamin B6: 0.54mg (27.11%), Zinc: 3.73mg (24.84%), Vitamin B12: 1.3µg (21.64%), Vitamin B2: 0.34mg (20.04%), Iron: 2.87mg (15.94%), Vitamin B1: 0.22mg (14.35%), Potassium: 473.57mg (13.53%), Magnesium: 47.43mg (11.86%), Manganese: 0.22mg

(11.1%), Folate: 41.92µg (10.48%), Vitamin C: 8.12mg (9.84%), Vitamin B5: 0.96mg (9.62%), Calcium: 88.38mg (8.84%), Vitamin K: 9.11µg (8.68%), Fiber: 1.84g (7.35%), Vitamin E: 1.08mg (7.22%), Copper: 0.14mg (7.11%), Vitamin D: 0.51µg (3.37%)