



Quick Chicken Potpie

READY IN



50 min.

SERVINGS



6

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 1 cup carrots chopped
- ☐ 1 cup celery chopped
- ☐ 4 ounces cheese shredded
- ☐ 0.3 cup flour
- ☐ 2 teaspoons tarragon fresh chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 cups milk
- ☐ 1 cup onion chopped

- ☐ 1 cup peas frozen
- ☐ 0.3 teaspoon pepper
- ☐ 3 cups chicken shredded cubed cooked
- ☐ 4 cups sourdough bread cubed
- ☐ 3 tablespoons vegetable oil divided

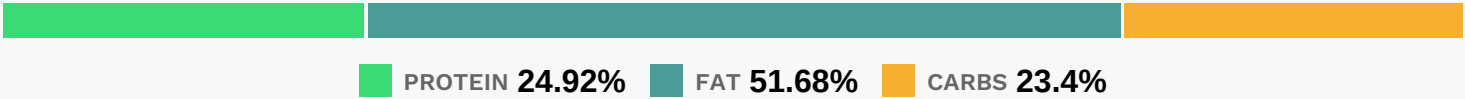
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ Preheat oven to 37
- ☐ Heat 2 tbsp. oil in a 4-qt. pot over medium heat.
- ☐ Add carrot, onion, and celery and cook, stirring often, until softened, about 5 minutes.
- ☐ Transfer mixture to a bowl and add peas; set aside.
- ☐ Add remaining 1 tbsp. oil to pot.
- ☐ Add flour and whisk until dry and crumbly, about 30 seconds.
- ☐ Pour in milk 1/4 cup at a time, whisking well after each addition until smooth and creamy (mixture will be paste-like at first).
- ☐ Add reserved vegetables, salt, pepper, and chicken to milk mixture, stirring gently to combine. Spoon mixture into a large gratin dish (about 2 1/2 qts.) or ovenproof frying pan.
- ☐ Sprinkle with tarragon.
- ☐ Mix bread and butter together in a large bowl, tossing well to coat. Top chicken mixture with bread.
- ☐ Sprinkle with cheese.
- ☐ Bake until browned and starting to bubble around the sides, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:87.11, Glycemic Load:15.08, Inflammation Score:-10, Nutrition Score:24.027391309324%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg

Nutrients (% of daily need)

Calories: 490.77kcal (24.54%), Fat: 28.2g (43.39%), Saturated Fat: 11.96g (74.77%), Carbohydrates: 28.73g (9.58%), Net Carbohydrates: 25.41g (9.24%), Sugar: 10.55g (11.72%), Cholesterol: 101.09mg (33.7%), Sodium: 604.63mg (26.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.6g (61.21%), Vitamin A: 4444.04IU (88.88%), Selenium: 32.75µg (46.79%), Phosphorus: 418.64mg (41.86%), Vitamin B3: 7.72mg (38.63%), Calcium: 338.28mg (33.83%), Vitamin B2: 0.53mg (31.33%), Vitamin K: 27.95µg (26.61%), Vitamin B6: 0.53mg (26.4%), Vitamin B1: 0.39mg (25.79%), Manganese: 0.4mg (19.88%), Zinc: 2.94mg (19.6%), Folate: 72.9µg (18.22%), Vitamin B12: 1.07µg (17.9%), Potassium: 618.16mg (17.66%), Vitamin C: 13.75mg (16.67%), Magnesium: 59.22mg (14.8%), Vitamin B5: 1.47mg (14.65%), Iron: 2.59mg (14.36%), Fiber: 3.32g (13.28%), Vitamin D: 1.46µg (9.7%), Vitamin E: 1.19mg (7.92%), Copper: 0.16mg (7.87%)