



Savory Chicken Pot Pie

READY IN



40 min.

SERVINGS



8

CALORIES



595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 3 cups chicken broth
- 10.8 oz cream of mushroom soup canned
- 0.3 cup flour all-purpose
- 1 tablespoon juice of lemon fresh
- 0.3 cup onion chopped
- 16 oz peas-carrots mix shopping list frozen thawed
- 0.5 teaspoon pepper freshly ground
- 15 oz piecrust refrigerated

- 0.5 teaspoon lawry's seasoned salt
- 1 small sweet potatoes and into
- 1 teaspoon vegetable oil
- 12 pilgrim's pride boneless skinless cut into bite-size pieces

Equipment

- paper towels
- oven
- whisk
- baking pan
- microwave
- dutch oven

Directions

- Pierce sweet potato several times with a fork.
- Place in microwave oven, and cover with a damp paper towel. Microwave at HIGH 3 minutes or until done.
- Let stand 5 minutes; peel and dice. Set aside.
- Sprinkle chicken evenly with seasoned salt. Saut chicken and onion in hot oil in a Dutch oven over medium-high heat 5 to 8 minutes or until done.
- Remove chicken and onion.
- Melt butter in Dutch oven over medium-high heat; whisk in flour, chicken broth, and soup. Reduce heat to medium-low, and cook, stirring occasionally, 3 to 4 minutes or until thickened. Stir in cooked chicken and onion, sweet potato, peas and carrots, lemon juice, and pepper. Cook, stirring often, 5 minutes or until thoroughly heated. Spoon chicken mixture into a lightly greased 13- x 9-inch baking dish.
- Roll piecrust into 13- x 9-inch rectangle; fit over chicken mixture in baking dish.
- Cut several slits in top of crust for steam to escape.
- Bake at 400 for 30 to 35 minutes or until crust is golden brown and filling is thoroughly heated.

Let stand 10 minutes before serving.

Nutrition Facts

PROTEIN 27.77% **FAT 43.44%** **CARBS 28.79%**

Properties

Glycemic Index:30.25, Glycemic Load:4.64, Inflammation Score:-10, Nutrition Score:27.166521632153%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg 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: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 595.36kcal (29.77%), Fat: 28.58g (43.97%), Saturated Fat: 10.35g (64.67%), Carbohydrates: 42.62g (14.2%), Net Carbohydrates: 38.5g (14%), Sugar: 1.41g (1.56%), Cholesterol: 179.94mg (59.98%), Sodium: 1210.4mg (52.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.11g (82.22%), Vitamin A: 7911.27IU (158.23%), Selenium: 44.35µg (63.35%), Vitamin B3: 12.65mg (63.25%), Vitamin B6: 0.9mg (44.95%), Phosphorus: 421.07mg (42.11%), Vitamin B1: 0.49mg (32.68%), Manganese: 0.65mg (32.64%), Vitamin B2: 0.55mg (32.44%), Vitamin B5: 2.62mg (26.15%), Zinc: 3.7mg (24.65%), Iron: 4.06mg (22.53%), Potassium: 716.09mg (20.46%), Folate: 80.26µg (20.07%), Vitamin B12: 1.18µg (19.59%), Magnesium: 67.06mg (16.76%), Fiber: 4.11g (16.45%), Copper: 0.31mg (15.57%), Vitamin K: 10.87µg (10.35%), Vitamin C: 7.96mg (9.65%), Vitamin E: 0.85mg (5.64%), Calcium: 55.36mg (5.54%)