



WHATSheATE



Savory Herb-Crusted Chicken Pot Pie

READY IN



80 min.

SERVINGS



6

CALORIES



574 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1.5 pounds meat from a rotisserie chicken diced cooked
- ☐ 2 cups chicken broth organic swanson® Regular, Natural or Certified
- ☐ 1 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons herbs fresh coarsely chopped parsley, thyme and/or oregano
- ☐ 24 ounce vegetables mixed frozen corn, peas, carrots, green beans and lima beans
- ☐ 1 sheet puff pastry pepperidge farm®
- ☐ 1 tablespoon water

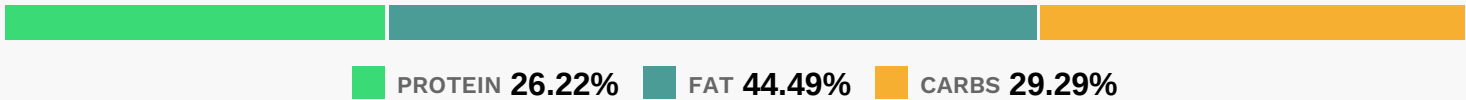
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Thaw the pastry sheet at room temperature for 40 minutes or until it's easy to handle.
- ☐ Heat the oven to 400 degrees F. Stir the egg and water with a fork in a small bowl.
- ☐ Stir the chicken and vegetables in a 13x9 inch shallow baking dish. Set aside.
- ☐ Heat the butter in a 2 quart saucepan over medium heat.
- ☐ Add the flour and cook for 3 minutes, stirring constantly. Gradually stir the broth into the saucepan and heat to a boil, stirring constantly. Reduce the heat to a low and cook for about 3 minutes or until the mixture thickens.
- ☐ Pour over the chicken mixture.
- ☐ Unroll the pastry sheet on a lightly floured surface.
- ☐ Roll the sheet to a 13x9 inch rectangle.
- ☐ Place the pastry over the chicken mixture, gently pressing the pastry to the edge of the dish to seal. Flute the edges if desired.
- ☐ Brush with the egg mixture and sprinkle with the herbs.
- ☐ Cut several 2 inch long slits on the top.
- ☐ Bake for 25 minutes or until golden and filling is bubbly.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:20.56, Inflammation Score:-10, Nutrition Score:25.680869641511%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Nutrients (% of daily need)

Calories: 573.98kcal (28.7%), Fat: 28.42g (43.73%), Saturated Fat: 8.76g (54.73%), Carbohydrates: 42.11g (14.04%), Net Carbohydrates: 36.64g (13.32%), Sugar: 0.71g (0.79%), Cholesterol: 123.93mg (41.31%), Sodium: 572.14mg (24.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.7g (75.4%), Vitamin A: 6075.36IU (121.51%), Vitamin B3: 12.87mg (64.35%), Selenium: 44.38µg (63.39%), Phosphorus: 339.93mg (33.99%), Vitamin B1: 0.47mg (31.58%), Manganese: 0.61mg (30.32%), Vitamin B2: 0.51mg (30.16%), Vitamin B6: 0.6mg (30.04%), Vitamin K: 28.82µg (27.45%), Folate: 95.08µg (23.77%), Iron: 4.24mg (23.58%), Fiber: 5.47g (21.89%), Zinc: 2.69mg (17.94%), Vitamin C: 13.57mg (16.44%), Potassium: 568.87mg (16.25%), Magnesium: 62.3mg (15.58%), Vitamin B5: 1.46mg (14.63%), Copper: 0.25mg (12.55%), Vitamin B12: 0.42µg (6.96%), Calcium: 57.88mg (5.79%), Vitamin E: 0.45mg (3.02%)