



Sister Schubert's® Chicken Pot Pie with Bread Topping

READY IN



70 min.

SERVINGS



8

CALORIES



597 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter melted
- ☐ 2 cups carrots
- ☐ 2 cups chicken broth
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.5 cup flour
- ☐ 1 cup green beans cut into 1-inch pieces and blanched

- ☐ 1 cup heavy cream
- ☐ 8 ounces mushrooms sliced
- ☐ 1 cup onions chopped
- ☐ 2 tablespoons parsley chopped
- ☐ 10 ounce peas frozen
- ☐ 4 cups roasted chicken chopped
- ☐ 1 teaspoon salt
- ☐ 12 sister schubert's parker rolls house style sliced into 3 sections

Equipment

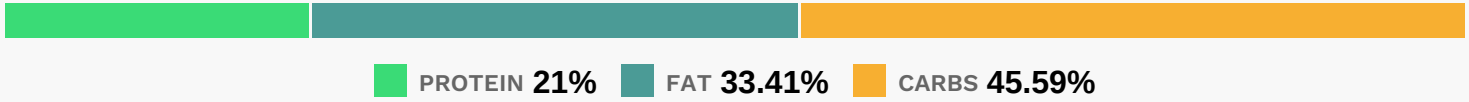
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F. Lightly mist a baking dish with non-stick vegetable oil spray.
- ☐ Melt 1 tablespoon butter in a large skillet over medium high heat; add mushrooms and saute until they are golden brown.
- ☐ Transfer to a plate.
- ☐ In same skillet, melt remaining 4 tablespoons butter; add onions and cook until they are soft and golden brown.
- ☐ Add flour and stir for 1 minute; pour in chicken broth and heavy cream and whisk until sauce is smooth.
- ☐ Mix in mustard, salt, pepper, thyme and parsley.
- ☐ Pour sauce into large mixing bowl.
- ☐ Fold in chicken, carrots, peas, beans and mushrooms into sauce.

- ☐
- Pour all into prepared baking dish.
- ☐
- Arrange sliced rolls on top of filling and brush with melted butter.
- ☐
- Bake 20 to 25 minutes or until filling is bubbling. If topping starts to brown too much, cover loosely with aluminum foil.

Nutrition Facts



Properties

Glycemic Index:61.27, Glycemic Load:42.06, Inflammation Score:-10, Nutrition Score:25.212173990581%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

Nutrients (% of daily need)

Calories: 597.28kcal (29.86%), Fat: 22.17g (34.1%), Saturated Fat: 10g (62.52%), Carbohydrates: 68.05g (22.68%), Net Carbohydrates: 62.16g (22.6%), Sugar: 13.06g (14.51%), Cholesterol: 94.82mg (31.61%), Sodium: 1078.76mg (46.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.35g (62.71%), Vitamin A: 6355.58IU (127.11%), Iron: 18.38mg (102.12%), Vitamin B3: 8.36mg (41.79%), Vitamin K: 37.93µg (36.12%), Selenium: 25.17µg (35.95%), Vitamin C: 21.36mg (25.89%), Vitamin B2: 0.44mg (25.59%), Phosphorus: 251.09mg (25.11%), Vitamin B6: 0.48mg (24.04%), Fiber: 5.89g (23.55%), Manganese: 0.38mg (19.17%), Vitamin B1: 0.29mg (19.12%), Potassium: 556.15mg (15.89%), Folate: 63.21µg (15.8%), Vitamin B5: 1.42mg (14.15%), Zinc: 1.99mg (13.29%), Copper: 0.25mg (12.64%), Magnesium: 44.44mg (11.11%), Calcium: 76.42mg (7.64%), Vitamin E: 0.72mg (4.82%), Vitamin B12: 0.28µg (4.66%), Vitamin D: 0.53µg (3.55%)