



## Skillet Chicken Pot Pie

READY IN



90 min.

SERVINGS



8

CALORIES



632 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 cup butter
- ☐ 2 tablespoons butter
- ☐ 1 cup carrots
- ☐ 1.5 cups chicken broth
- ☐ 1.5 teaspoons creole seasoning
- ☐ 1 egg whites
- ☐ 0.3 cup flour all-purpose
- ☐ 8 oz mushrooms fresh sliced
- ☐ 0.3 cup parsley fresh chopped

- ☐ 2 cups hash browns frozen cubed
- ☐ 1.5 cups milk
- ☐ 8 servings pastry crust
- ☐ 1 cup peas sweet frozen
- ☐ 14.1 oz pie crust dough refrigerated
- ☐ 4 cups chicken shredded cooked
- ☐ 1 large onion diced sweet

## Equipment

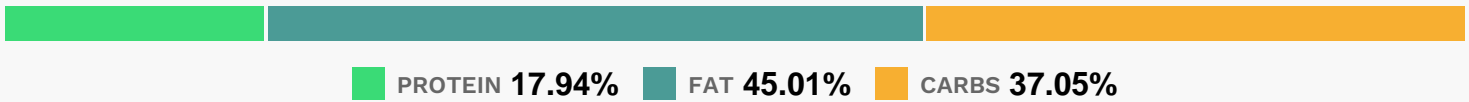
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ baking pan
- ☐ dutch oven

## Directions

- ☐ Prepare Filling: Preheat oven to 35
- ☐ Melt 1/3 cup butter in a large saucepan over medium heat; add all-purpose flour, and cook, whisking constantly, 1 minute. Gradually add chicken broth and milk, and cook, whisking constantly, 6 to 7 minutes or until thickened and bubbly.
- ☐ Remove from heat, and stir in Creole seasoning.
- ☐ Melt 2 Tbsp. butter in a large Dutch oven over medium-high heat; add onion and mushrooms, and saut 10 minutes or until tender. Stir in chicken, next 4 ingredients, and sauce.
- ☐ Place 1 piecrust in a lightly greased 10-inch cast-iron skillet. Spoon chicken mixture over piecrust, and top with remaining piecrust.
- ☐ Whisk egg white until foamy; brush top of piecrust with egg white.
- ☐ Cut 4 to 5 slits in top of pie for steam to escape.

- ☐ Bake at 350 for 1 hour to 1 hour and 5 minutes or until golden brown and bubbly.
- ☐ TRY THIS TWIST!
- ☐ Chicken Pot Pie with Bacon-and-Cheddar Biscuits: Omit piecrusts and egg white. Preheat oven to 42
- ☐ Prepare Chicken Pie Filling as directed through Step Spoon filling into a lightly greased 13- x 9-inch baking dish.
- ☐ Cut 1/2 cup cold butter into 1/2-inch cubes.
- ☐ Cut butter cubes into 2 cups self-rising flour with a pastry blender or fork until crumbly and mixture resembles small peas.
- ☐ Add 3/4 cup (3 oz.) shredded sharp Cheddar cheese, 1/4 cup finely chopped cooked bacon, 2 Tbsp. chopped fresh chives, and 1 cup whipping cream, stirring just until dry ingredients are moistened. Turn dough out onto a lightly floured surface, and knead lightly 3 or 4 times.
- ☐ Roll or pat dough to 3/4-inch thickness; cut with a 2 1/2-inch round cutter to form 15 biscuits.
- ☐ Bake Chicken Pie Filling at 425 for 15 minutes.
- ☐ Remove from oven, and arrange biscuits on top of hot chicken mixture.
- ☐ Bake 25 to 30 more minutes or until biscuits are golden brown and chicken mixture is bubbly.
- ☐ Remove from oven, and brush biscuits with 2 Tbsp. melted butter.
- ☐ Hands-on time: 50 min.; Total time: 1 hr., 30 min.

## Nutrition Facts



## Properties

Glycemic Index:58.65, Glycemic Load:11.48, Inflammation Score:-10, Nutrition Score:25.326086832129%

## Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg

## Nutrients (% of daily need)

Calories: 631.83kcal (31.59%), Fat: 31.58g (48.59%), Saturated Fat: 13.28g (83.01%), Carbohydrates: 58.49g (19.5%), Net Carbohydrates: 53.68g (19.52%), Sugar: 6.96g (7.73%), Cholesterol: 86.73mg (28.91%), Sodium: 648.88mg (28.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.31g (56.62%), Vitamin A: 3606.69IU (72.13%), Vitamin B3: 10.65mg (53.27%), Vitamin K: 53.21µg (50.68%), Selenium: 31.56µg (45.09%), Vitamin B1: 0.51mg (34.21%), Phosphorus: 329.84mg (32.98%), Vitamin B2: 0.56mg (32.77%), Manganese: 0.61mg (30.57%), Vitamin B6: 0.54mg (27.08%), Folate: 100.72µg (25.18%), Iron: 4.3mg (23.87%), Vitamin C: 18.69mg (22.66%), Potassium: 720.02mg (20.57%), Fiber: 4.81g (19.23%), Vitamin B5: 1.87mg (18.66%), Copper: 0.32mg (16.08%), Zinc: 2.26mg (15.07%), Magnesium: 54.56mg (13.64%), Calcium: 110.36mg (11.04%), Vitamin B12: 0.5µg (8.26%), Vitamin E: 0.86mg (5.73%), Vitamin D: 0.56µg (3.73%)