



Skillet Chicken Pot Pie with Butternut Squash

 Dairy Free  Popular

READY IN



75 min.

SERVINGS



6

CALORIES



403 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 small butternut squash peeled cut into 1/2" pieces (1 1/2 cups)
- 1 large eggs
- 0.3 cup flour all-purpose
- 1 tablespoon sage fresh chopped
- 4 garlic clove finely chopped
- 1 small bunch crossing over quintessential american desserts chopped
- 6 servings pepper freshly ground
- 3 cups chicken broth low-sodium

- 0.3 cup olive oil
- 1 cup pearl onions white frozen thawed
- 1 sheet puff pastry frozen thawed (such as Dufour or Pepperidge Farm)

Equipment

- bowl
- frying pan
- oven
- whisk
- pot

Directions

- Place a rack in upper third of oven; preheat to 425°F.
- Heat oil in an 8" cast-iron or other heavy ovenproof skillet over medium-high heat.
- Add onions; cook, stirring occasionally, until beginning to brown, about 4 minutes.
- Reduce heat to medium-low.
- Add garlic and sage to skillet and cook, stirring occasionally, until garlic begins to brown, about 2 minutes.
- Add kale and season with salt and pepper. Cook, tossing often, until wilted, about 4 minutes.
- Sprinkle flour over. Cook, stirring constantly, for 4 minutes.
- Stir in broth, 1/2-cupful at a time, then add squash. Bring to a boil, reduce heat, and simmer until squash is just softened and broth is thickened, 8-10 minutes.
- Add chicken to skillet, stir, and season with salt and pepper.
- Unfold pastry and smooth any creases; place over skillet, allowing corners to hang over sides.
- Whisk egg and 1 teaspoon water in a small bowl.
- Brush pastry with egg wash; cut four 1" slits in top to vent.
- Bake pot pie until pastry is beginning to brown, 15-20 minutes. Reduce oven temperature to 375°F and bake until pastry is deep golden brown and crisp, 15-20 minutes longer.
- Let cool for 10 minutes before serving.

Per serving: 260 calories, 14 g fat, 2 g fiber

Bon Appétit

Nutrition Facts

PROTEIN 7.94% **FAT 57.4%** **CARBS 34.66%**

Properties

Glycemic Index:36.67, Glycemic Load:13.86, Inflammation Score:-10, Nutrition Score:20.042608753495%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.98mg, Isorhamnetin: 1.98mg, Isorhamnetin: 1.98mg, Isorhamnetin: 1.98mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg

Nutrients (% of daily need)

Calories: 403.43kcal (20.17%), Fat: 26.32g (40.5%), Saturated Fat: 5.74g (35.89%), Carbohydrates: 35.75g (11.92%), Net Carbohydrates: 32.94g (11.98%), Sugar: 3.57g (3.96%), Cholesterol: 31.13mg (10.38%), Sodium: 153.77mg (6.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.19g (16.39%), Copper: 3.22mg (160.97%), Vitamin A: 6690.71IU (133.81%), Manganese: 0.56mg (28%), Vitamin B3: 4.45mg (22.25%), Selenium: 15.03µg (21.48%), Vitamin C: 16.67mg (20.2%), Vitamin B1: 0.29mg (19.64%), Folate: 69.75µg (17.44%), Vitamin E: 2.52mg (16.78%), Vitamin B2: 0.24mg (14.23%), Iron: 2.41mg (13.39%), Vitamin K: 13.08µg (12.46%), Potassium: 435.1mg (12.43%), Phosphorus: 117.87mg (11.79%), Fiber: 2.81g (11.25%), Vitamin B6: 0.21mg (10.31%), Magnesium: 37.45mg (9.36%), Calcium: 64.05mg (6.4%), Vitamin B5: 0.46mg (4.62%), Zinc: 0.69mg (4.59%), Vitamin B12: 0.19µg (3.25%), Vitamin D: 0.17µg (1.11%)