



Slimmed Down - Chicken Pot Pie

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



807 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 8 button mushrooms quartered
- 3 large carrots sliced into 1/2-inch rounds, (1 1/2 cups)
- 2 ribs celery sliced into 1/2-inch pieces
- 1.8 pounds chicken breasts bone-in skinless
- 4 cups chicken broth low-sodium homemade canned
- 0.3 cup flour all-purpose
- 2 teaspoons optional: dill fresh minced

- 4 servings kosher salt
- 0.5 teaspoon lemon zest finely grated
- 2 tablespoons olive oil
- 4 servings paprika
- 1 tablespoon parsley minced
- 1 cup pearl onions frozen thawed
- 3 sheets phyllo dough
- 0.5 cup if halved quartered

Equipment

- frying pan
- sauce pan
- oven
- knife
- whisk
- ramekin
- kitchen scissors

Directions

- Spray 4 (8-ounce) ramekins with the olive oil spray and set aside.
- Put the chicken breasts in a medium saucepan, add the broth (it should just cover the chicken), and bring to a boil. Cover, turn the heat very low, and cook the chicken very gently until just firm to the touch, about 15 minutes.
- Remove chicken from the broth reserving the broth. When the cool enough to handle, shred or dice the chicken into large bite-size pieces, discarding the bones. (If some of the pieces are still a bit pink, don't fret, it finishes cooking in the pie.)
- Preheat oven to 400 degrees F.
- Heat the oil in a heavy non-stick skillet over medium-high heat.
- Add the carrots, mushrooms, celery, turnips, season with salt, to taste, and cook until the vegetables are light brown, about 8 minutes.

- Add the onions and cook about 1 minute more. Stir the flour into the vegetables and cook for 1 minute.
- Pour in the reserved chicken broth and whisk until it comes to a boil. Reduce the heat slightly and simmer, uncovered, until thick, about 5 to 6 minutes. Stir in the chicken parsley, dill, lemon zest, and pepper and remove from the heat.
- Layer 3 sheets of phyllo dough on the workspace, spraying with olive oil spray in between each layer. On the last layer, sprinkle with more salt and pepper, and the paprika.
- Cut sheets in half, crosswise, and stack to make 6 layers.
- Cut 4 rounds out of the phyllo with scissors or a paring knife that fit snugly into the opening of each ramekin. Divide chicken filling evenly among the ramekins and place the phyllo rounds on top.
- Bake until bubbly, chicken is cooked through and crust is crispy and golden brown, about 10 to 12 minutes.

Nutrition Facts

PROTEIN 50.1% **FAT 34.59%** **CARBS 15.31%**

Properties

Glycemic Index:104.46, Glycemic Load:11, Inflammation Score:-10, Nutrition Score:41.536956610887%

Flavonoids

Apigenin: 2.74mg, Apigenin: 2.74mg, Apigenin: 2.74mg, Apigenin: 2.74mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 2.98mg, Isorhamnetin: 2.98mg, Isorhamnetin: 2.98mg, Isorhamnetin: 2.98mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg

Nutrients (% of daily need)

Calories: 806.74kcal (40.34%), Fat: 30.32g (46.65%), Saturated Fat: 7.04g (44.02%), Carbohydrates: 30.19g (10.06%), Net Carbohydrates: 25.4g (9.24%), Sugar: 7.02g (7.8%), Cholesterol: 229.51mg (76.5%), Sodium: 1551.71mg (67.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 98.82g (197.63%), Vitamin A: 10608.46IU (212.17%), Selenium: 111.59µg (159.41%), Vitamin B3: 29.05mg (145.25%), Vitamin B6: 2.14mg (107.23%), Phosphorus: 836.23mg (83.62%), Zinc: 7.01mg (46.72%), Potassium: 1589.55mg (45.42%), Vitamin B2: 0.74mg (43.59%), Vitamin B12: 2.46µg (41.05%), Vitamin K: 41.12µg (39.16%), Vitamin B5: 3.86mg (38.62%), Magnesium: 118.69mg (29.67%), Iron: 5.33mg (29.64%), Vitamin B1: 0.38mg (25.27%), Manganese: 0.41mg (20.64%), Vitamin E: 3.08mg (20.53%), Vitamin C: 16.53mg (20.04%), Folate: 79.43µg (19.86%), Copper: 0.39mg (19.73%), Fiber: 4.8g (19.18%), Calcium:

93.89mg (9.39%), Vitamin D: 0.48µg (3.22%)