



Slow-Cooker Chicken Stroganoff Pot Pie

READY IN



330 min.

SERVINGS



4

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 envelope campbell's chicken gravy (0.87 to 1.2 ounces)
- 10.5 ounces cream of chicken soup canned
- 1 pound chicken breast boneless skinless cut into 1-inch pieces
- 1 pound stew meat frozen thawed drained
- 4 ounces mushrooms drained sliced
- 1 cup peas green frozen thawed drained
- 0.5 cup cream sour
- 1 tablespoon flour all-purpose
- 0.3 cup spring onion chopped

- 0.5 cup milk
- 1.5 cups frangelico

Equipment

- bowl
- toothpicks
- slow cooker

Directions

- Mix gravy mix and broth in 3 1/2- to 6-quart slow cooker until smooth. Stir in chicken, stew vegetables and mushrooms. Cover and cook on low heat setting about 4 hours or until chicken is tender.
- Stir in peas.
- Mix sour cream and flour; stir into chicken mixture. Cover and cook on high heat setting 20 minutes.
- Stir together Bisquick mix and onions in small bowl; stir in milk just until moistened. Drop dough by rounded tablespoonfuls onto hot chicken mixture. Cover and cook on high heat setting 45 to 50 minutes or until toothpick inserted in center of topping comes out clean.
- Serve immediately. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer's directions for layering ingredients and choosing a temperature.

Nutrition Facts

 **PROTEIN 48.05%**  **FAT 38.09%**  **CARBS 13.86%**

Properties

Glycemic Index:66.08, Glycemic Load:5.57, Inflammation Score:-7, Nutrition Score:32.299130336098%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 474.83kcal (23.74%), Fat: 19.69g (30.3%), Saturated Fat: 7.35g (45.95%), Carbohydrates: 16.13g (5.38%), Net Carbohydrates: 13.57g (4.93%), Sugar: 5.62g (6.25%), Cholesterol: 169.48mg (56.49%), Sodium: 743.33mg (32.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.89g (111.79%), Vitamin B3: 21.76mg (108.82%), Selenium: 74.72µg (106.74%), Vitamin B6: 1.72mg (85.78%), Phosphorus: 625.53mg (62.55%), Zinc: 6.45mg (42.97%), Vitamin B12: 2.56µg (42.68%), Vitamin B2: 0.6mg (35.03%), Potassium: 1122.27mg (32.06%), Vitamin B5: 2.94mg (29.39%), Vitamin K: 27.09µg (25.8%), Iron: 4.42mg (24.55%), Vitamin B1: 0.35mg (23.21%), Vitamin C: 17.96mg (21.77%), Magnesium: 82.39mg (20.6%), Copper: 0.4mg (20.22%), Vitamin A: 738.45IU (14.77%), Folate: 58.3µg (14.58%), Manganese: 0.27mg (13.63%), Calcium: 118.88mg (11.89%), Fiber: 2.56g (10.25%), Vitamin E: 1.17mg (7.78%), Vitamin D: 0.51µg (3.37%)