



Slow-Cooker Upside-Down Chicken Pot Pie



Gluten Free



Popular

READY IN



625 min.

SERVINGS



8

CALORIES



168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds chicken thighs boneless skinless
- ☐ 1 tablespoon onion instant chopped
- ☐ 1 bay leaves dried
- ☐ 0.3 teaspoon pepper
- ☐ 18 oz campbell's chicken gravy
- ☐ 2 medium celery stalks cut into 1/2-inch slices
- ☐ 0.7 cup milk
- ☐ 12 oz savory vegetable mixed frozen

☐ 2.3 cups frangelico

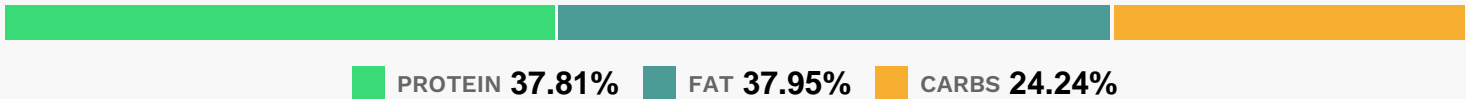
Equipment

- ☐ bowl
- ☐ oven
- ☐ tart form
- ☐ slow cooker

Directions

- ☐ Place chicken in 3 1/2- to 4-quart slow cooker. Top with onion, bay leaf, pepper and gravy.
- ☐ Place celery on gravy.
- ☐ Cover and cook on Low heat setting 8 to 10 hours.
- ☐ About 30 minutes before serving, make and bake 8 biscuits using Bisquick mix and milk as directed on package.
- ☐ Meanwhile, gently stir frozen vegetables into chicken mixture. Increase heat setting to High. Cover and cook 15 minutes.
- ☐ Remove bay leaf.
- ☐ For each serving, split biscuit and place in soup bowl or tart pan. Spoon about 3/4 cup chicken mixture on top of biscuit. 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



Properties

Glycemic Index:21.75, Glycemic Load:2.21, Inflammation Score:-9, Nutrition Score:10.304347823495%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg,

Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg
Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 167.97kcal (8.4%), Fat: 7.03g (10.82%), Saturated Fat: 2.23g (13.96%), Carbohydrates: 10.11g (3.37%), Net Carbohydrates: 8.35g (3.04%), Sugar: 2.12g (2.36%), Cholesterol: 74.87mg (24.96%), Sodium: 372.95mg (16.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.76g (31.52%), Vitamin A: 2431.2IU (48.62%), Selenium: 16.59µg (23.7%), Vitamin B3: 4.52mg (22.59%), Vitamin B6: 0.37mg (18.56%), Phosphorus: 178.88mg (17.89%), Vitamin B2: 0.19mg (11.22%), Vitamin B5: 1mg (10.01%), Vitamin B12: 0.56µg (9.39%), Zinc: 1.36mg (9.04%), Potassium: 299.61mg (8.56%), Vitamin B1: 0.13mg (8.53%), Magnesium: 29.3mg (7.33%), Fiber: 1.76g (7.03%), Manganese: 0.13mg (6.38%), Vitamin C: 4.55mg (5.52%), Iron: 0.99mg (5.48%), Calcium: 43.09mg (4.31%), Copper: 0.08mg (4.06%), Folate: 15.8µg (3.95%), Vitamin K: 2.52µg (2.4%), Vitamin D: 0.22µg (1.49%)