



Speedy Chicken Potpie

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



743 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon rubbed sage dried
- ☐ 3 cups less-sodium chicken broth fat-free divided
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 0.7 cup peas and carrot blend diced green frozen
- ☐ 15 ounce piecrust dough refrigerated

- ☐ 2 cups potatoes diced refrigerated with onion (such as simply potatoes)
- ☐ 0.3 teaspoon salt
- ☐ 1 pound chicken breasts boneless skinless cut into 1/2-inch pieces

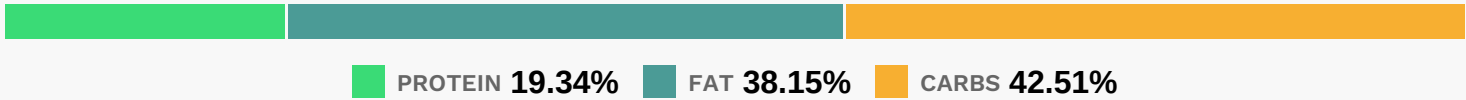
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add chicken to pan; sprinkle with salt. Saut 5 minutes or until browned and done.
- ☐ While chicken cooks, bring 2 1/2 cups broth and bay leaf to a boil in a large saucepan.
- ☐ Add potatoes; cover and cook over medium-high heat 8 minutes. Stir in peas and carrots; cover and cook 2 minutes. Stir in chicken.
- ☐ Combine remaining 1/2 cup broth and flour; stir into potato mixture. Reduce heat to medium; cook 2 minutes or until bubbly and thick.
- ☐ Remove bay leaf. Stir in thyme, pepper, and sage.
- ☐ While potato mixture cooks, cut piecrust dough crosswise into 12 strips. Arrange on a parchment-lined baking sheet.
- ☐ Bake at 425 for 7 minutes or until browned and puffy. Top chicken mixture with piecrust strips.

Nutrition Facts



Properties

Glycemic Index:70.02, Glycemic Load:17.49, Inflammation Score:-7, Nutrition Score:27.739999988805%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 743.49kcal (37.17%), Fat: 31.2g (48%), Saturated Fat: 9.37g (58.59%), Carbohydrates: 78.21g (26.07%), Net Carbohydrates: 71.63g (26.05%), Sugar: 2.46g (2.73%), Cholesterol: 72.57mg (24.19%), Sodium: 1415.69mg (61.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.58g (71.17%), Vitamin B3: 17.6mg (87.99%), Selenium: 48.76µg (69.65%), Vitamin B6: 1.28mg (64.06%), Phosphorus: 425.93mg (42.59%), Manganese: 0.83mg (41.33%), Vitamin C: 32.13mg (38.94%), Vitamin B1: 0.57mg (37.97%), Potassium: 1084.22mg (30.98%), Folate: 123.65µg (30.91%), Iron: 4.93mg (27.37%), Fiber: 6.57g (26.29%), Vitamin B5: 2.61mg (26.14%), Vitamin B2: 0.42mg (24.98%), Magnesium: 81.17mg (20.29%), Vitamin K: 16.3µg (15.53%), Copper: 0.31mg (15.5%), Zinc: 1.82mg (12.14%), Vitamin B12: 0.57µg (9.45%), Calcium: 54.13mg (5.41%), Vitamin E: 0.75mg (5.01%), Vitamin A: 236.53IU (4.73%)