



## Spiced Chicken Filo Pie

READY IN



45 min.

SERVINGS



8

CALORIES



617 kcal

### Ingredients

- 0.5 cup almonds
- 6 tablespoons butter melted
- 4 lb chicken cut into 8 pieces (see notes)
- 6 large eggs
- 6 cups fat-skimmed beef broth
- 1 lb dough thawed (see notes)
- 1 clove garlic peeled chopped
- 1 teaspoon granulated sugar
- 1.3 teaspoons ground cinnamon
- 0.3 teaspoon ground cloves

- 2 teaspoons ground ginger
- 8 oz onion peeled chopped
- 0.1 teaspoon pepper
- 2 tablespoons powdered sugar
- 0.3 teaspoon salt
- 1.5 teaspoons turmeric

## Equipment

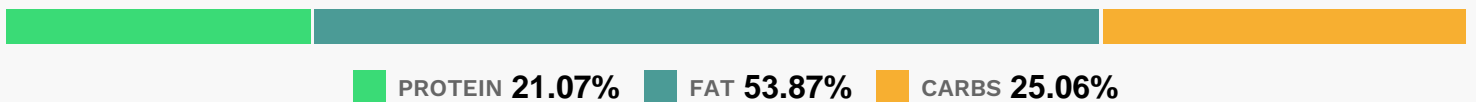
- food processor
- bowl
- frying pan
- oven
- knife
- pot
- sieve
- baking pan

## Directions

- Place almonds in a 10-inch baking pan.
- Bake in a 350 regular or convection oven until golden beneath skins, about 10 minutes.
- Let cool. In a food processor, pulse almonds with 3/4 teaspoon cinnamon and the granulated sugar until coarsely chopped (or coarsely chop with a knife).
- Rinse chicken. In a 5- to 6-quart pot, combine chicken, broth, onion, garlic, ginger, turmeric, and cloves. Bring to a boil over medium-high heat; reduce heat, cover, and simmer until chicken is tender when pierced, about 45 minutes.
- Pour chicken mixture through a strainer set over a large bowl; return strained broth to pan. With your fingers, remove skin from chicken and pull meat from bones; discard skin and bones. Shred chicken into bite-size pieces.
- Mix chicken and strained onion in a bowl and moisten with about 2 tablespoons broth. Season to taste with salt and pepper.

- Let cool; if desired, cover and chill up to 1 day.
- Bring broth in pan to a simmer over medium-high heat; reduce heat to maintain simmer. In a bowl, beat eggs to blend with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- Add eggs to broth; stir gently until set, 1 to 2 minutes.
- Pour through a strainer into another bowl; reserve broth for other uses.
- Let eggs cool.
- Lightly brush the inside of a shallow 3- to 3 1/2-quart casserole or baking dish with melted butter.
- Place one 13- by 17-inch sheet of filo in dish so that it covers the bottom and sides of casserole and hangs over the edge slightly.
- Brush sheet lightly with butter. Repeat to layer and butter three more sheets.
- Sprinkle half the almond mixture evenly over filo in bottom of casserole; spread chicken mixture over nuts.
- Cut four sheets of filo in half crosswise to make eight 8 1/2- by 13-inch rectangles. One at a time, brush four half-sheets with butter and layer them over chicken.
- Sprinkle remaining half of the almond mixture over filo and arrange egg mixture evenly over nuts. Fold in overhanging edges of filo and top with four more buttered half-sheets, tucking any overhanging edges into sides of casserole.
- Brush top layer with butter.
- Bake pie in a 375 regular or convection oven until top is well browned, 35 to 40 minutes.
- Mix powdered sugar with remaining 1/2 teaspoon cinnamon and sift evenly over top of pie.
- Cut warm pie into portions; serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:33.39, Glycemic Load:11.99, Inflammation Score:-10, Nutrition Score:22.090434903684%

## Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg,

Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg  
Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin:  
0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin:  
0.01mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg Kaempferol:  
0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg,  
Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin:  
5.79mg

## **Nutrients (% of daily need)**

Calories: 616.68kcal (30.83%), Fat: 36.73g (56.51%), Saturated Fat: 12.48g (77.98%), Carbohydrates: 38.45g  
(12.82%), Net Carbohydrates: 35.42g (12.88%), Sugar: 4.59g (5.1%), Cholesterol: 243.72mg (81.24%), Sodium:  
1241.64mg (53.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.33g (64.66%), Selenium: 45.14µg  
(64.48%), Vitamin B3: 11.13mg (55.64%), Manganese: 0.86mg (42.96%), Vitamin B2: 0.65mg (38.07%), Phosphorus:  
351.99mg (35.2%), Vitamin B1: 0.43mg (28.84%), Vitamin B6: 0.55mg (27.38%), Iron: 4.39mg (24.37%), Vitamin E:  
3.33mg (22.19%), Folate: 85.65µg (21.41%), Vitamin B5: 2.04mg (20.36%), Zinc: 2.61mg (17.37%), Vitamin B12: 1.03µg  
(17.16%), Magnesium: 65.95mg (16.49%), Copper: 0.28mg (13.98%), Potassium: 479.99mg (13.71%), Vitamin A:  
619.34IU (12.39%), Fiber: 3.03g (12.12%), Calcium: 84.77mg (8.48%), Vitamin D: 0.97µg (6.45%), Vitamin C: 4.07mg  
(4.93%), Vitamin K: 4.31µg (4.1%)