



Super Easy Chicken Pot Pie

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



431 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14.1 oz pie crust dough refrigerated (2 Count)
- 2 cups savory vegetable mixed frozen
- 18.6 oz cream of chicken soup hearty pie style canned
- 2 tablespoons flour all-purpose

Equipment

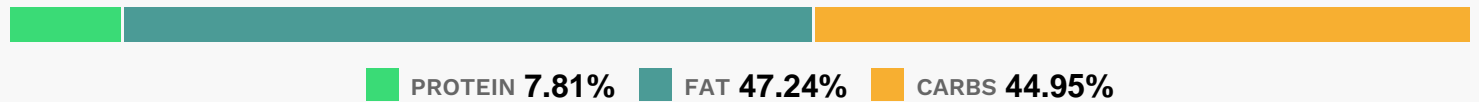
- frying pan
- oven
- aluminum foil

pie form

Directions

- Soften pie crusts as directed on pkg. Thaw and drain vegetables. Make pie crust as directed on pkg for two-crust pie, using 9-inch pie pan.
- Heat oven to 425°F. Stir together soup, vegetables and flour. Spoon into crust-lined pan. Top with second crust; seal edges and flute.
- Cut slits in several places in top crust.
- Bake 30 to 35 min or until crust is golden brown. Cover edge of crust with aluminum foil after 15 min of baking to prevent excessive browning.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:6.67, Inflammation Score:-9, Nutrition Score:12.072173844213%

Nutrients (% of daily need)

Calories: 431.48kcal (21.57%), Fat: 22.78g (35.04%), Saturated Fat: 6.99g (43.69%), Carbohydrates: 48.76g (16.25%), Net Carbohydrates: 44.6g (16.22%), Sugar: 0.48g (0.53%), Cholesterol: 7.03mg (2.34%), Sodium: 917.99mg (39.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.47g (16.95%), Vitamin A: 3241.27IU (64.83%), Manganese: 0.52mg (25.97%), Vitamin B1: 0.29mg (19.22%), Iron: 3.36mg (18.64%), Folate: 70.56µg (17.64%), Fiber: 4.16g (16.64%), Vitamin B3: 3.05mg (15.25%), Vitamin B2: 0.22mg (12.8%), Phosphorus: 113.7mg (11.37%), Copper: 0.22mg (11.12%), Selenium: 6.56µg (9.37%), Vitamin K: 8.47µg (8.07%), Vitamin C: 6.4mg (7.75%), Magnesium: 28.62mg (7.15%), Potassium: 238.97mg (6.83%), Zinc: 0.85mg (5.63%), Vitamin B5: 0.55mg (5.48%), Vitamin E: 0.78mg (5.22%), Vitamin B6: 0.09mg (4.63%), Calcium: 40.5mg (4.05%)