The Ultimate Chicken Pot Pie

READY IN	SERVINGS	CALORIES
145 min.	6	757 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 0.3 cup butter
- [ ] 2 cups carrots peeled sliced
- [ ] 3.3 cups chicken broth swanson®
- [ ] 3 cups roasted chicken cubed cooked
- [ ] 0.3 cup flour all-purpose
- [ ] 0.3 cup parsley fresh chopped
- [ ] 1 tsp thyme sprigs dried fresh minced crushed
- [ ] 0.5 tsp pepper black
- [ ] 3 cups mushrooms sliced

- [ ] 1 tbsp dijon mustard dijon-style
- [ ] 1.5 cups onion chopped
- [ ] 1 cup peas frozen thawed
- [ ] 17.3 ounces puff pastry thawed pepperidge farm®

Equipment

- [ ] frying pan
- [ ] baking sheet
- [ ] oven
- [ ] aluminum foil

Directions

- [ ] Heat the oven to 400°F. Unfold the pastry sheet on a lightly floured surface.
- [ ] Roll the pastry sheet into a 12-inch square. Press the pastry into a 2-quart round casserole. Trim the excess pastry. Prick the pastry thoroughly with a fork.
- [ ] Place aluminum foil onto the surface of the pastry.
- [ ] Bake for 25 minutes.
- [ ] Remove the aluminum foil.
- [ ] Heat the butter in a 12-inch skillet over medium heat.
- [ ] Add the carrots, onions and mushrooms and cook for 5 minutes or until the vegetables are tender-crisp, stirring occasionally.
- [ ] Add the flour and cook and stir for 3 minutes or until the flour is golden brown. Slowly stir in the broth and heat to a boil. Cook and stir until the mixture boils and thickens.
- [ ] Stir in the mustard, thyme, black pepper, chicken, peas and 3 tablespoons parsley.
- [ ] Remove the skillet from the heat.
- [ ] Unfold the remaining pastry sheet on a lightly floured surface.
- [ ] Cut the pastry sheet crosswise into 6 (1 1/2-inch thick) strips.
- [ ] Spoon the chicken mixture into the casserole. Weave a lattice pattern over the filling with the pastry strips. Trim any excess pastry.
- [ ] Sprinkle with the remaining parsley.

- [ ] Place the casserole onto a baking sheet.
- [ ] Bake for 45 minutes or until the filling is hot and bubbling and the pastry is golden brown.

Nutrition Facts

PROTEIN **15.2%** FAT **55.37%** CARBS **29.43%**

Properties

Glycemic Index:78.69, Glycemic Load:27.31, Inflammation Score:-10, Nutrition Score:29.319565094036%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 757.24kcal (37.86%), Fat: 46.86g (72.09%), Saturated Fat: 15.74g (98.39%), Carbohydrates: 56.03g (18.68%), Net Carbohydrates: 50.63g (18.41%), Sugar: 7.28g (8.08%), Cholesterol: 82.16mg (27.39%), Sodium: 873.11mg (37.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.95g (57.9%), Vitamin A: 7880.4IU (157.61%), Selenium: 45.99µg (65.7%), Vitamin K: 67.16µg (63.96%), Vitamin B3: 12.37mg (61.86%), Vitamin B2: 0.71mg (41.96%), Vitamin B1: 0.61mg (40.5%), Manganese: 0.79mg (39.45%), Folate: 123.98µg (31%), Phosphorus: 297.53mg (29.75%), Vitamin B6: 0.51mg (25.51%), Iron: 4.39mg (24.42%), Vitamin C: 19.7mg (23.88%), Fiber: 5.4g (21.59%), Copper: 0.4mg (20.03%), Potassium: 670.7mg (19.16%), Vitamin B5: 1.67mg (16.66%), Zinc: 2.41mg (16.09%), Magnesium: 55.19mg (13.8%), Vitamin E: 1.14mg (7.63%), Calcium: 62.8mg (6.28%), Vitamin B12: 0.27µg (4.48%)