



Vermont Chicken Pie

READY IN



40 min.

SERVINGS



6

CALORIES



677 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 package biscuits in tube refrigerated
- ☐ 2 tablespoons butter cut into pieces
- ☐ 2 carrots diced peeled
- ☐ 2 ribs celery diced
- ☐ 1 quart chicken stock see
- ☐ 1.5 pounds chicken tenderloins
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 Handful flat-leaf parsley leaves chopped
- ☐ 2 tablespoons flour all-purpose

- ☐ 1 bay leaf fresh
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 medium onion chopped
- ☐ 1 cup peas frozen
- ☐ 6 servings salt and pepper
- ☐ 6 mushrooms white quartered

Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Reserve 2 cups of stock for vegetables.
- ☐ Cut tenders into 1/3's. Bring remaining stock to a boil in skillet, add chicken, cover and reduce heat to simmer. Poach chicken 6 to 8 minutes.
- ☐ While chicken cooks, in a second large skillet over medium to medium high heat, add oil and butter. To melted butter, add onion, carrots, celery, and mushrooms, adding veggies to the pan as you chop them.
- ☐ Add bay leaf and season veggies with thyme, salt and pepper.
- ☐ Saute 10 minutes, stirring frequently.
- ☐ Add flour and cook another minute.
- ☐ Whisk in reserved 2 cups of stock forming a sauce around veggies. Stir in cooked chicken pieces, parsley and peas.
- ☐ Transfer the mixture to a large casserole, oval or rectangular. Open the biscuits and arrange them, edges touching, in a layer across the top of the casserole.
- ☐ Bake 8 to 10 minutes until biscuits are golden brown, then serve.

Nutrition Facts



 PROTEIN **20.73%**  FAT **41.37%**  CARBS **37.9%**

Properties

Glycemic Index:67.19, Glycemic Load:33.55, Inflammation Score:-10, Nutrition Score:29.290434588557%

Flavonoids

Apigenin: 1.82mg, Apigenin: 1.82mg, Apigenin: 1.82mg, Apigenin: 1.82mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 677.01kcal (33.85%), Fat: 30.9g (47.53%), Saturated Fat: 10g (62.51%), Carbohydrates: 63.68g (21.23%), Net Carbohydrates: 59.88g (21.77%), Sugar: 22.4g (24.88%), Cholesterol: 87.34mg (29.11%), Sodium: 873.84mg (37.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.82g (69.64%), Vitamin B3: 18.44mg (92.19%), Vitamin A: 3925.39IU (78.51%), Selenium: 47.77µg (68.24%), Vitamin B6: 1.12mg (56.17%), Phosphorus: 393.72mg (39.37%), Vitamin B2: 0.63mg (37.35%), Vitamin K: 36.98µg (35.22%), Vitamin B1: 0.52mg (34.6%), Folate: 110.64µg (27.66%), Manganese: 0.55mg (27.3%), Potassium: 909.25mg (25.98%), Vitamin B5: 2.3mg (22.97%), Iron: 3.95mg (21.96%), Vitamin C: 15.71mg (19.04%), Vitamin E: 2.76mg (18.42%), Copper: 0.32mg (15.83%), Magnesium: 63.18mg (15.79%), Fiber: 3.8g (15.21%), Zinc: 1.79mg (11.91%), Calcium: 48.9mg (4.89%), Vitamin B12: 0.24µg (4.05%), Vitamin D: 0.15µg (1.02%)