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## Chicken Pot Pie

Chicken Pot Pie is a classic comfort food dish that consists of a flaky pastry crust filled with a creamy chicken and vegetable mixture. It is typically baked until golden brown and served hot.

**Recipe Type:** Standard

**Prep Time:** 30 mins

**Cook Time:** 45 mins

**Total Time:** 75 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 6

**Serving Size:** 166 g

### Ingredients

500 g	Chicken
200 g	Carrots
200 g	Peas
100 g	onion
50 g	butter

<b>50 g</b>	all-purpose flour
<b>500 ml</b>	chicken broth
<b>250 ml</b>	milk
<b>1 tsp</b>	salt
<b>0.5 tsp</b>	black pepper
<b>500 g</b>	puff pastry

## Directions

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### Step 1

#### Preheating

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Stove

In a large skillet, melt the butter over medium heat. Add the onion and cook until softened.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

Stove

Add the chicken to the skillet and cook until browned.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 4

Stove

Stir in the carrots, peas, flour, salt, and black pepper. Cook for 2 minutes.

**Prep Time:** 5 mins

**Cook Time:** 2 mins

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### Step 5

Stove

Gradually stir in the chicken broth and milk. Cook until thickened.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 6

Transfer the mixture to a 9-inch (23 cm) pie dish. Place the puff pastry over the filling.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 7

Cutting

Trim the excess pastry and crimp the edges. Cut slits in the top for steam to escape.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 8

Oven

Bake for 30 minutes or until the pastry is golden brown and the filling is bubbly.

**Prep Time:** 0 mins

**Cook Time:** 30 mins

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## Step 9

Resting

Allow the pot pie to cool for a few minutes before serving.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Nutrition Facts

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**Calories:** 350 kcal

**Fat:** 20 g

**Protein:** 15 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	3 g	7.89%	12%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	60 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	30 iu	3.33%	4.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	1 mcg	6.67%	6.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	8 mg	0.8%	0.8%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Fall

### Cuisines

French

Middle Eastern

### Nutritional Content

Low Calorie

### Course

Drinks

Breads

Salads

Soups

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

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