



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

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

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

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

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

Step 3

Stove

Add the chicken to the skillet and cook until browned.

Prep Time: 5 mins

Cook Time: 10 mins

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

Step 5

Stove

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

Prep Time: 5 mins

Cook Time: 5 mins

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

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

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

Step 9

Resting

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

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

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

Visit our website: healthdor.com