

Chicken Pot Pie IV

20-Minute Meals

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Servings: 4

1 sheet frozen puff pastry, thawed
1 tablespoon oil
1 large onion
1 pound Yukon Gold potatoes,
chopped in 1/2-inch pieces
1 cup chicken broth
1/2 teaspoon salt
1 tablespoon cornstarch
1/2 cup half-and-half
2 cups rotisserie chicken, shredded
3/4 cup frozen corn
3/4 cup frozen peas
1/4 cup cooked bacon

Preheat the oven to 400 degrees.

Cut four four-inch circles from the puff pastry. Arrange the circles on a parchment-lined cookie sheet. Bake for 15 minutes.

In a large skillet, heat the oil on medium heat. Add the onion. Cook for 5 minutes.

Add the potatoes, chicken broth and salt. Cover and cook for 10 minutes.

In a bowl, stir the cornstarch into the half-and-half. Add to the skillet. Add the chicken, corn and peas. Simmer for 3 minutes.

Serve topped with the pastry and bacon.

Per Serving (excluding unknown items): 284 Calories; 11g Fat (36.0% calories from fat); 11g Protein; 35g Carbohydrate; 4g Dietary Fiber; 13mg Cholesterol; 732mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	284	Vitamin B6 (mg):	.1mg
% Calories from Fat:	36.0%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	48.6%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	15.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	11g	Folacin (mcg):	32mcg
Saturated Fat (g):	3g	Niacin (mg):	3mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	2g
Cholesterol (mg):	13mg
Carbohydrate (g):	35g
Dietary Fiber (g):	4g
Protein (g):	11g
Sodium (mg):	732mg
Potassium (mg):	271mg
Calcium (mg):	19mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	38mg
Vitamin A (i.u.):	236IU
Vitamin A (r.e.):	23 1/2RE

Alcohol (kcal):	0
% Refuse:	0 0%

Food Exchanges

Grain (Starch):	1
Lean Meat:	1
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 284	Calories from Fat: 102
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% Daily Values*

Total Fat 11g	18%
Saturated Fat 3g	16%
Cholesterol 13mg	4%
Sodium 732mg	31%
Total Carbohydrates 35g	12%
Dietary Fiber 4g	15%
Protein 11g	
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Vitamin A	5%
Vitamin C	63%
Calcium	2%
Iron	11%

* Percent Daily Values are based on a 2000 calorie diet.