



## 825061 - Chicken Pot Pie

Source: K12 Culinary

Number of Portions: 25

Size of Portion: 2/3 cup

### Components:

Meat/Alt: 2 oz

Grains: 1 oz

Fruit:

Vegetable:

Milk:

### Recipe Subgroups:

### Attributes:

Meat/Meat Alter

Grain

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
050420 CHICKEN, DICED, COOKED, IQF, MEAT ONLY..... 011313 PEAS,GRN,FRZ,CKD,BLD,DRND,WO/SALT..... 011131 CARROTS,FRZ,CKD,BLD,DRND,WO/SALT..... 826184 Cobbler Sheet, Frozen Dough, Rich's 1413.....	3 lbs + 2 ozs 1 CUP (frozen) 1 1/2 CUPS (diced, frozen) 2 each, 16 oz sheet	Thaw chicken, peas, and carrots in refrigerator overnight.  <b>CCP: Store in the refrigerator at 41 degrees F. or below.</b>
011144 CELERY,CKD,BLD,DRND,WO/SALT.....	1/2 CUP (diced)	Spray 2 inch deep full size steamtable pan with pan release.  Rinse celery and drain. Dice into small, ¼ inch pieces. Measure amount needed and steam for 5 minutes or until tender.
825086 Gravy Mix, Chick, Low Sod, CustomCulinar.....	1 QT (prepared)	Prepare gravy mix according to package directions. (Note: Custom Culinary low sodium chicken gravy brand was used for testing and is the preferred brand.)
011288 ONIONS,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT... 002034 POULTRY SEASONING..... 901078 PEPPER, BLACK COARSE..... 002029 PARSLEY,DRIED.....	1/4 CUP (chopped) 1 tsp 1/4 tsp 2 tsp	Place 3 lbs. 2 oz. diced chicken into prepared pan. Add 1 c green peas, 1 ½ c diced carrots, ¼ c onion, and ½ c celery. Next, add 1 tsp. poultry seasoning, ¼ tsp black pepper, and 2 tsp parsley.
		Pour 1 quart prepared gravy into each pan with chicken and vegetables. Stir gently to combine ingredients. Top each pan with 2 cobbler sheets. Whole grain rich (WGR) 12" X16" sheeted dough may be substituted for cobbler crusts if WGR grain component is required.  Bake at 350 degrees F for 30 to 35 minutes or until crust is fully cooked and lightly browned. <b>CCP: Heat to 135° F or higher.</b>

		<p>Hold uncovered in hot cabinet until service. Cut each pan 5 X 5 and serve each rectangle with spatula or spoon. Alternately, you may dip 25 servings from each pan using a #6 scoop or disher.</p> <p>Note: this menu item provides 1 oz eq grain; therefore, an additional grain must be offered to meet the meal component requirements for grades 9-12.</p> <p><b>CCP:</b> Hold for hot service at 135° F or higher</p>
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\*Nutrients are based upon 1 Portion Size (2/3 cup)

Calories	282 kcal	Cholesterol	52 mg	Sugars	*3.2* g	Calcium	19.21 mg	44.85%	Calories from Total Fat
Total Fat	14.08 g	Sodium	348 mg	Protein	19.38 g	Iron	1.75 mg	18.22%	Calories from Saturated Fat
Saturated Fat	5.72 g	Carbohydrates	19.93 g	Vitamin A	1665.7 IU	Water <sup>1</sup>	*19.04* g	*0.38%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.12* g	Dietary Fiber	1.24 g	Vitamin C	1.3 mg	Ash <sup>1</sup>	*0.16* g	28.22%	Calories from Carbohydrates
								27.45%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
?	?	?	?	?	?	?	?
YES = Present NO = Absent ? = Undefined							