



## 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:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
051520 Chicken, Diced, Cooked, Frozen..... 011313 PEAS,GRN,FRZ,CKD,BLD,DRND,WO/SALT..... 011131 CARROTS,FRZ,CKD,BLD,DRND,WO/SALT.....	3 lbs + 2 ozs 1 CUP (frozen) 1 1/2 CUPS (diced, frozen)	Thaw chicken, peas, and carrots in refrigerator overnight.
011144 CELERY,CKD,BLD,DRND,WO/SALT.....	1/2 CUP (diced)	Spray 2 inch full size pan with food release.  Rinse fresh 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... 002029 PARSLEY,DRIED..... 002034 POULTRY SEASONING..... 901078 PEPPER, BLACK COARSE.....	1/4 CUP (chopped) 2 tsp 1 tsp 1/4 tsp	Place 3 lb 2 oz diced chicken into prepared pan. Add 1 cup green peas, 1 ½ cup diced carrots, ¼ cup onion, and ½ cup celery. Next, add 1 tsp poultry seasoning, ¼ tsp black pepper, and 2 tsp parsley.
826184 Cobbler Sheet, Frozen Dough, Rich's 1413.....	2 each, 16 oz sheet	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° 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 a spoon. Alternately, you may dip 25 servings from each pan using a no. 6 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: Hold for hot service at 135° F or higher.</b></p>
--	--	---

\*Nutrients are based upon 1 Portion Size (2/3 cup)

Calories	272 kcal	Cholesterol	43 mg	Sugars	*3.1* g	Calcium	18.80 mg	46.17%	Calories from Total Fat
Total Fat	13.94 g	Sodium	382 mg	Protein	14.33 g	Iron	1.39 mg	17.02%	Calories from Saturated Fat
Saturated Fat	5.14 g	Carbohydrates	20.41 g	Vitamin A	1665.7 IU	Water <sup>1</sup>	*19.04* g	*0.40%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.12* g	Dietary Fiber	1.06 g	Vitamin C	2.5 mg	Ash <sup>1</sup>	*0.16* g	30.04%	Calories from Carbohydrates
								21.09%	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.