AMERICAN · DINNER

Chicken Pot Pie with Almond Flour Biscuit Tops

60 min · Serves 4 · 497 kcal a serve · Video 8:05 · Keto Connect

Gluten-free ingredients

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A creamy chicken and vegetable filling under an almond-flour biscuit: about 24 g protein and 7.4 g net carbs a serve, three-quarters of the energy from fat, and rich in vitamins A and E and selenium.

Diet notes: Keto (7.4 g net carbs a serve).

Ingredients 20 · SERVES 4

- [ ] 2 tbsp **butter**, melted (for the biscuits)
- [ ] 75 g **almond flour**
- [ ] 1 tsp **baking powder**
- [ ] 1 tsp **dried parsley**
- [ ] 1 large **egg**
- [ ] 2–3 drops **liquid stevia** (optional)
- [ ] 55 g **butter** (for the filling)
- [ ] 65 g chopped **carrots**
- [ ] 50 g chopped **celery**
- [ ] 80 g chopped **onion**
- [ ] 70 g **mushrooms**, chopped
- [ ] a little minced **garlic** (about 1 clove)
- [ ] 1 tsp **pink Himalayan salt**
- [ ] ½ tsp **black pepper**
- [ ] 280 g chopped cooked **chicken**
- [ ] 350 ml **chicken broth**
- [ ] 120 ml **heavy cream**
- [ ] 1 tsp chopped **fresh thyme**
- [ ] ½ tsp **xanthan gum**
- [ ] 2 tsp finely chopped **fresh parsley**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Biscuits: heat the oven to 175 °C and line a tray with baking paper. Whisk the melted butter, almond flour, baking powder, dried parsley, egg and stevia (if using). Scoop into 4 mounds, flatten a little and bake 15–17 minutes until golden. 0:32
2. Filling: melt the 60 ml butter in a large pan over medium heat and sauté the carrots, celery, onion, mushrooms and garlic with the salt and pepper for about 5 minutes until soft. 3:07
3. Add the chicken, broth, cream and thyme, then sprinkle in the xanthan gum (measure it exactly — a little thickens a lot). Bring to the boil, then simmer on low about 5 minutes until thick, like gravy. 4:20
4. Stir in the fresh parsley, divide among four 180–240 ml ramekins or bowls and top each with a biscuit. 5:44

> **Tip** Leftover roast or rotisserie chicken is ideal (they used pre-cooked packaged chicken). For fewer carbs the cooks suggest leaving out the carrots; broccoli works too. In the video they used shallots in place of the onion.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
497 kcal 2,080 kJ	**24 g** 48% of a day	**12 g** 7.4 g net · 4.3 g sugars 4% of a day
FIBRE	**FAT**	**SODIUM**
4.1 g 15% of a day	**41 g** 19 g saturated 52% of a day	**1,020 mg** 44% of a day

Energy from net carbs 6% · protein 19% · fat 75% — fits keto: 7.4 g net carbs, 75% of the energy from fat

High in (20%+ of a day) Vitamin A 48% · Vitamin E 41% · Selenium 41% · Vitamin B6 27%

Source of (10–19%) Magnesium 19% · Vitamin K 19% · Vitamin B12 18% · Zinc 14% · Omega-3 13% · Potassium 11% · Iron 11%

Recipe and video: Keto Connect (@KetoConnect) on YouTube — youtube.com/watch?v=YqBmhZb2y6Y, published 7 March 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/chicken-pot-pie-almond-biscuit