

# Inside-Out Chicken Pot Pie

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-pot-pie-oven-recipes>

## Ingredients:

- 1 sheet frozen puff pastry thawed
- 10 3/4 ounces cream of chicken soup
- 1 cup milk
- 2 cups rotisserie chicken shredded
- 1 1/2 cups frozen mixed vegetables
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1/8 teaspoon garlic salt
- 4 sprigs fresh rosemary for garnish, optional

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 175 milligrams
4. Fat: 10 grams
5. Fiber: 1 grams
6. Protein: 18 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 680 milligrams
9. Sugar: 4 grams

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