

Low-Carb Mini Chicken Pot Pies

Hands-on 35 minutes Overall 1 hour

Nutritional values (per serving, 1/2 medium pie): Total carbs: 11.4 g, Fiber: 4.1 g,

Net carbs: 7.3 g, Protein: 24.7 g, Fat: 45.3 g, Calories: 560 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 medium pies)

Crust:

1/2 cup butter, melted (113 g/ 4 oz)

2 large eggs

3/4 cup + 1 tablespoon [coconut flour](#) (105 g/ 3.7 oz)

Optional: 1 tbsp psyllium husk (5 g/ 0.2 oz)

1/4 tsp sea salt

1 large egg + 1 tbsp water, for wash

Filling:

1/4 cup unsalted butter (57 g/ 2 oz)

1/2 large white onion, diced (100 g/ 3.5 oz)

3 cloves garlic, minced (15 g/ 0.5 oz)

1 tsp minced fresh herbs (sage, rosemary, thyme)

1 (10-oz) bag frozen peas/carrots, thawed (284 g)

1/2 cup frozen green beans, thawed (90 g/ 3.2 oz)

1 lb cooked chicken, shredded (450 g)

1/2 cup [chicken broth](#) (120 ml/ 4 fl oz)

1 1/2 cups heavy cream (360 ml/ 12 fl oz)

Salt and pepper, to taste

Note: This recipe will be enough for 8 small, or 4 medium servings. A medium serving would be ideal if you follow the [Intermittent Fasting technique](#) and only eat 1-2 meals per day.

Instructions

1. Prepare the dough for the crust by combining the eggs, coconut flour, psyllium husk if using, and salt.
2. Mix until crumbly, and then pour in the butter. Form into a ball and chill until ready to bake. Chop the onion.
3. Mince the garlic and herbs. Melt the butter in a large skillet over medium heat.

4. Add in the onion, garlic, and herbs. Cook until soft and fragrant about 3-4 minutes. Add in the thawed vegetables.
5. Add shredded chicken, and broth. Cook until broth has mostly absorbed, about 3 minutes.
6. Preheat the oven to 190 °C/ 375 °F (conventional), or 170 °C/ 340 °F (fan assisted) and place four medium ramekins on a baking sheet. To the skillet, pour in the heavy cream and simmer until thick about 5-7 minutes. Season with salt and pepper to taste. Pour the filling into the ramekins.
7. Roll out the dough between two pieces of parchment 1/4-inch (1/2 cm) thick. Cut the dough slightly larger than the ramekin. Using the parchment gently flip onto the filled ramekins. Pinch the sides together and fix any cracks. Repeat until all ramekins are covered. If you have any dough leftover you can make any shapes you desire to fill in any cracks or for decoration.
8. Whisk together an egg and 1 tablespoon of water. Brush over the crusts. Transfer to oven.
9. Bake for about 20 minutes until the crust is golden brown and crisp. Serve immediately.

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