



Barbecue Pot Pie with Cheese Grits Crust

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups barbecue sauce thick
- ☐ 1.5 cups beef broth
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 pound fatty pork shredded
- ☐ 1 large onion diced sweet
- ☐ 1 tablespoon vegetable oil
- ☐ 10 servings frangelico
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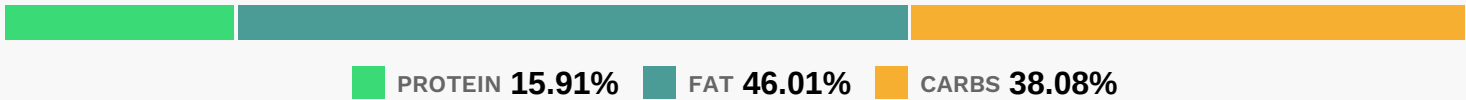
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Saut onion in hot oil in a large skillet over medium-high heat 5 minutes or until golden brown. Stir in flour, and cook, stirring constantly, 1 minute. Gradually stir in barbecue sauce and beef broth; cook, stirring constantly, 3 minutes or until mixture begins to thicken.
- ☐ Stir in pork, and bring to a boil.
- ☐ Remove from heat, and spoon mixture into a lightly greased 13- x 9-inch baking dish.
- ☐ Spoon Cheese Grits Crust Batter evenly over hot barbecue mixture.
- ☐ Bake at 425 for 20 to 25 minutes or until golden brown and set.
- ☐ *1 pound shredded beef may be substituted for pork.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.83, Inflammation Score:-3, Nutrition Score:6.5960868959842%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

Nutrients (% of daily need)

Calories: 223.68kcal (11.18%), Fat: 11.36g (17.48%), Saturated Fat: 3.84g (23.99%), Carbohydrates: 21.16g (7.05%), Net Carbohydrates: 20.44g (7.43%), Sugar: 15.91g (17.68%), Cholesterol: 32.66mg (10.89%), Sodium: 603.87mg (26.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.84g (17.68%), Vitamin B1: 0.37mg (24.53%), Selenium: 12.64µg (18.06%), Vitamin B3: 2.64mg (13.19%), Vitamin B6: 0.25mg (12.66%), Phosphorus: 103.2mg (10.32%), Vitamin B2: 0.15mg (8.95%), Potassium: 290.14mg (8.29%), Zinc: 1.12mg (7.5%), Vitamin B12: 0.34µg

(5.71%), Iron: 0.89mg (4.95%), Manganese: 0.1mg (4.88%), Magnesium: 18.22mg (4.56%), Vitamin B5: 0.42mg (4.2%), Copper: 0.07mg (3.6%), Folate: 14.2µg (3.55%), Vitamin K: 3.38µg (3.22%), Vitamin E: 0.46mg (3.08%), Calcium: 29.51mg (2.95%), Fiber: 0.72g (2.9%), Vitamin C: 2.16mg (2.62%), Vitamin A: 99.6IU (1.99%)