



Barbecue Pot Pie with Mashed Potato 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
- ☐ 10 servings potatoes mashed
- ☐ 1 large onion sweet
- ☐ 1 tablespoon vegetable oil

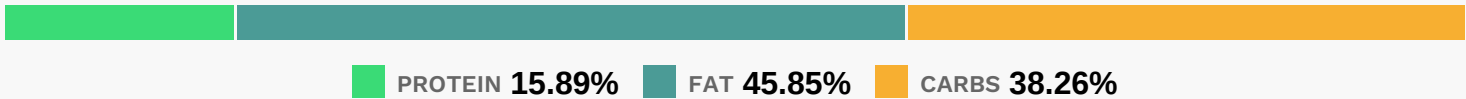
Equipment

- ☐ 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 Mashed Potato Crust evenly over hot barbecue mixture.
- ☐ Bake at 425 for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:0.96, Inflammation Score:-3, Nutrition Score:6.6443478128184%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

Nutrients (% of daily need)

Calories: 224.45kcal (11.22%), Fat: 11.36g (17.48%), Saturated Fat: 3.84g (23.99%), Carbohydrates: 21.34g (7.11%), Net Carbohydrates: 20.59g (7.49%), Sugar: 15.92g (17.68%), Cholesterol: 32.66mg (10.89%), Sodium: 603.93mg (26.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.86g (17.72%), Vitamin B1: 0.37mg (24.58%), Selenium: 12.65µg (18.06%), Vitamin B3: 2.65mg (13.24%), Vitamin B6: 0.26mg (12.81%), Phosphorus: 103.77mg (10.38%), Vitamin B2: 0.15mg (8.97%), Potassium: 294.35mg (8.41%), Zinc: 1.13mg (7.52%), Vitamin B12: 0.34µg (5.71%), Iron: 0.9mg (4.99%), Manganese: 0.1mg (4.96%), Magnesium: 18.45mg (4.61%), Vitamin B5: 0.42mg (4.23%), Copper: 0.07mg (3.65%), Folate: 14.36µg (3.59%), Vitamin K: 3.4µg (3.23%), Vitamin E: 0.46mg (3.08%), Fiber: 0.75g (2.99%), Calcium: 29.63mg (2.96%), Vitamin C: 2.36mg (2.86%), Vitamin A: 99.62IU (1.99%)