



Beef Pot Pie with Potato Biscuit Crust

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



140 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 lb pan drippings from roast beef preferably cubed ()
- ☐ 2 cups savory vegetable mixed frozen
- ☐ 0.5 cup onion chopped
- ☐ 12 oz gravy
- ☐ 0.7 cup potatoes mashed
- ☐ 0.7 cup water hot
- ☐ 0.3 cup milk
- ☐ 1 tablespoon chives

☐ 1.5 cups frangelico

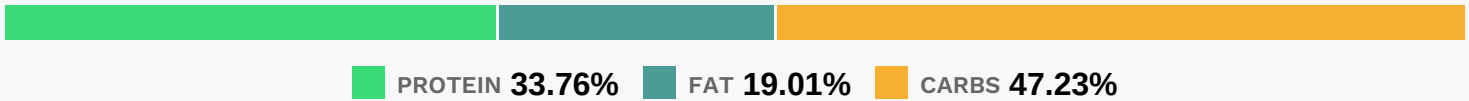
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375°F. In 2-quart saucepan, heat beef, frozen vegetables, onion and gravy to boiling over medium heat, stirring frequently. Boil and stir 1 minute. Keep warm.
- ☐ In medium bowl, stir dry potatoes and hot water; let stand until water is absorbed. Stir in Bisquick mix, milk and chives until dough forms.
- ☐ Place dough on surface sprinkled with Bisquick mix; gently roll in Bisquick mix to coat. Shape into ball; knead 10 times. Pat into 11x7-inch rectangle. Fold dough into thirds.
- ☐ Pour beef mixture into ungreased 11x7-inch (2-quart) glass baking dish. Carefully unfold dough onto beef mixture.
- ☐ Bake uncovered 30 to 35 minutes or until crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:32.29, Glycemic Load:6.08, Inflammation Score:-9, Nutrition Score:11.873912990741%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 139.54kcal (6.98%), Fat: 3.07g (4.72%), Saturated Fat: 1.26g (7.86%), Carbohydrates: 17.14g (5.71%), Net Carbohydrates: 13.96g (5.08%), Sugar: 2.36g (2.62%), Cholesterol: 27.71mg (9.24%), Sodium: 865.5mg (37.63%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.25g (24.5%), Vitamin A: 3126.1IU (62.52%), Vitamin C: 29.12mg (35.3%), Vitamin B3: 3.85mg (19.23%), Vitamin B6: 0.3mg (15.16%), Calcium: 144.6mg (14.46%), Phosphorus: 139.78mg (13.98%), Fiber: 3.18g (12.7%), Vitamin B12: 0.72µg (11.93%), Zinc: 1.79mg (11.92%), Potassium: 373.47mg (10.67%), Manganese: 0.21mg (10.46%), Iron: 1.59mg (8.82%), Vitamin B1: 0.12mg (8.25%), Magnesium: 31.3mg (7.83%), Vitamin B2: 0.13mg (7.55%), Folate: 27.34µg (6.83%), Copper: 0.12mg (5.89%), Selenium: 3.17µg (4.53%), Vitamin B5: 0.35mg (3.49%)