



Beef Potpies

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



920 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces roasted beef cut into 1-inch pieces
- ☐ 1.5 cups chicken broth 1 tablespoon
- ☐ 4 servings dijon mustard
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 cup idaho potatoes boiled cut into 1/2-inch chunks
- ☐ 0.3 pound mushrooms quartered
- ☐ 1 pound puff pastry thawed

- ☐ 1 teaspoon salt
- ☐ 1 tomatoes coarsely chopped
- ☐ 1 zucchini cut into 1/2-inch chunks

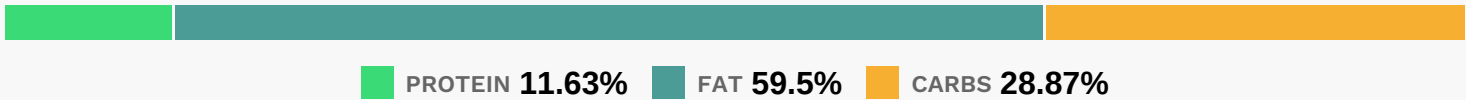
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 350F. In a large bowl, combine the zucchini, mushrooms, tomato, potatoes, and beef and set aside.
- ☐ In a small bowl, whisk together 1/4 cup warm water and the flour. In a large saucepan, bring the chicken broth to a boil.
- ☐ Whisk in the flour mixture and simmer until thickened, 4 to 5 minutes.
- ☐ Remove from heat and stir in the mustard, salt, and parsley.
- ☐ Meanwhile, using an ovenproof bowl or mug (about 4 inches in diameter), cut out 4 puff pastry rounds to fit on top.
- ☐ Cut 3 slashes in the center of each round. Divide the filling among 4 ovenproof bowls and spoon some of the chicken broth mixture over each. Top each bowl with a pastry round and bake until the pastry is puffed and golden brown, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:91.19, Glycemic Load:36.82, Inflammation Score:-7, Nutrition Score:26.101738989353%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 919.75kcal (45.99%), Fat: 60.98g (93.81%), Saturated Fat: 17.57g (109.8%), Carbohydrates: 66.57g (22.19%), Net Carbohydrates: 62.84g (22.85%), Sugar: 4.14g (4.6%), Cholesterol: 62.15mg (20.72%), Sodium: 1312.08mg (57.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.81g (53.62%), Selenium: 47.05µg (67.21%), Vitamin B3: 10.7mg (53.51%), Vitamin B1: 0.65mg (43.2%), Manganese: 0.86mg (42.94%), Vitamin B2: 0.71mg (41.71%), Vitamin K: 41.49µg (39.52%), Folate: 133.01µg (33.25%), Iron: 5.75mg (31.95%), Zinc: 4.77mg (31.78%), Vitamin B12: 1.85µg (30.82%), Phosphorus: 289mg (28.9%), Vitamin B6: 0.57mg (28.43%), Potassium: 781.14mg (22.32%), Vitamin C: 17.07mg (20.69%), Copper: 0.38mg (19.05%), Magnesium: 61.01mg (15.25%), Fiber: 3.73g (14.92%), Vitamin B5: 1.14mg (11.43%), Vitamin A: 445.21IU (8.9%), Vitamin E: 1.26mg (8.37%), Calcium: 52.55mg (5.25%)