



Chickpea Potpies Recipe

READY IN



40 min.

SERVINGS



4

CALORIES



656 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 tablespoons butter
- 15 ounces garbanzo beans rinsed drained canned
- 6 tablespoons flour all-purpose
- 2 cups savory vegetable mixed frozen thawed
- 2 garlic clove minced
- 1.3 cups hash browns frozen cubed
- 0.3 cup cup heavy whipping cream
- 0.8 teaspoon seasoning italian
- 1 small onion chopped

- 0.3 teaspoon pepper
- 1 sheet pie crust dough refrigerated
- 10 oz seasoning italian
- 0.5 teaspoon salt
- 3 cups vegetable stock

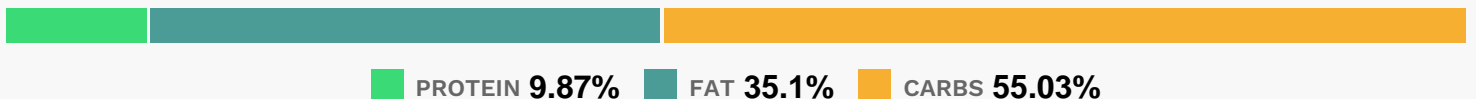
Equipment

- baking sheet
- sauce pan
- oven
- ramekin

Directions

- Saute onion in butter in a large saucepan until tender.
- Add garlic; cook 1 minute longer. Stir in the flour, salt and pepper until blended. Gradually add broth; bring to a boil. Cook and stir for 2 minutes or until thickened.
- Stir in the vegetables, garbanzo beans, potatoes, cream and Italian seasoning. Divide mixture among four ungreased 10-oz. ramekins.
- Unroll pastry; divide into four portions.
- Roll out each portion to fit ramekins; place pastry over filling. Trim, seal and flute edges.
- Cut slits in pastry.
- Place ramekins on a baking sheet.
- Bake at 400° for 25–30 minutes or until pastry is golden brown.

Nutrition Facts



Properties

Glycemic Index:96.33, Glycemic Load:19.78, Inflammation Score:-10, Nutrition Score:51.114347836246%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 656.01kcal (32.8%), Fat: 28.61g (44.01%), Saturated Fat: 15.78g (98.64%), Carbohydrates: 100.93g (33.64%), Net Carbohydrates: 60.74g (22.09%), Sugar: 5.65g (6.27%), Cholesterol: 61.96mg (20.65%), Sodium: 1507.52mg (65.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.1g (36.21%), Vitamin K: 445.25µg (424.05%), Manganese: 4.89mg (244.26%), Iron: 29.66mg (164.77%), Fiber: 40.19g (160.75%), Vitamin A: 6968.91IU (139.38%), Calcium: 1228.43mg (122.84%), Vitamin E: 13.65mg (90.99%), Vitamin B6: 1.44mg (72.1%), Magnesium: 256.45mg (64.11%), Folate: 249.83µg (62.46%), Potassium: 1495.51mg (42.73%), Copper: 0.79mg (39.72%), Vitamin B2: 0.58mg (33.9%), Vitamin B3: 6.4mg (31.98%), Phosphorus: 308.6mg (30.86%), Vitamin B1: 0.44mg (29.27%), Zinc: 3.38mg (22.54%), Vitamin C: 18.44mg (22.35%), Selenium: 10.68µg (15.26%), Vitamin B5: 1.48mg (14.78%), Vitamin D: 0.24µg (1.59%)