

Easy Beef Pot Pie

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups beef diced cooked
- 10.8 ounce cream of mushroom soup canned
- 10 ounce savory vegetable mixed frozen thawed
- 2 cups potatoes diced cooked
- 1 pie crust dough refrigerated
- 1 teaspoon thyme leaves dried crushed
- 0.3 cup water
- 1 teaspoon worcestershire sauce

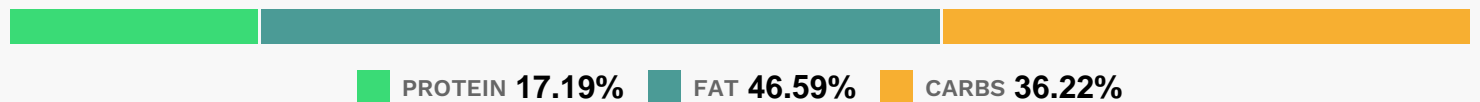
Equipment

- bowl
- oven
- knife
- baking pan

Directions

- Heat the oven to 400 degrees F.
- Let the pie crust stand at room temperature for 15 minutes or until it's easy to handle.
- Put the potatoes, vegetables and beef in a 9-inch deep-dish pie plate or 1 1/2-quart baking dish.
- Stir the soup, water, Worcestershire and thyme in a medium bowl.
- Pour the soup mixture over the beef mixture. Gently put the pie crust over the beef mixture. Crimp or roll the edges to seal it to the dish.
- Cut slits in the crust with a knife.
- Bake for 35 minutes or until hot and the crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:43.44, Glycemic Load:16.47, Inflammation Score:-10, Nutrition Score:23.756086745988%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 582.88kcal (29.14%), Fat: 30.25g (46.55%), Saturated Fat: 10.95g (68.47%), Carbohydrates: 52.92g (17.64%), Net Carbohydrates: 46.49g (16.91%), Sugar: 0.97g (1.08%), Cholesterol: 63.72mg (21.24%), Sodium: 830.68mg (36.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.12g (50.24%), Vitamin A: 3626.44IU

(72.53%), Manganese: 0.77mg (38.35%), Vitamin B3: 7.41mg (37.07%), Vitamin C: 29.05mg (35.21%), Vitamin B6: 0.7mg (35.19%), Zinc: 5.19mg (34.62%), Vitamin B12: 1.93µg (32.13%), Phosphorus: 289.1mg (28.91%), Potassium: 972.38mg (27.78%), Iron: 4.93mg (27.41%), Fiber: 6.43g (25.72%), Vitamin B1: 0.34mg (22.68%), Selenium: 15.68µg (22.41%), Copper: 0.42mg (21.2%), Vitamin B2: 0.34mg (20.06%), Folate: 78.69µg (19.67%), Magnesium: 68.4mg (17.1%), Vitamin B5: 1.17mg (11.69%), Vitamin K: 6.63µg (6.32%), Calcium: 60.85mg (6.09%), Vitamin E: 0.55mg (3.69%)