



 **11%**
HEALTH SCORE

Beef and Vegetable Potpie

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 11 ounce breadstick dough refrigerated soft canned
- 1 cup carrots chopped
- 2 tablespoons cornstarch
- 1 teaspoon basil dried
- 0.5 teaspoon thyme dried
- 3 garlic clove minced
- 1 pound ground sirloin

- 14 ounce less-sodium beef broth fat-free canned
- 8 ounce mushrooms
- 8 ounce mushrooms
- 1 tablespoon olive oil divided
- 1 cup onion chopped
- 0.3 cup tomato paste
- 2 tablespoons water
- 1.5 teaspoons worcestershire sauce
- 2 cups zucchini chopped

Equipment

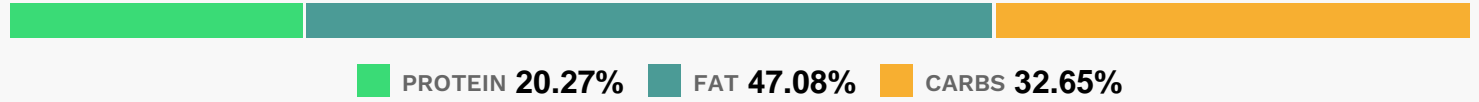
- bowl
- frying pan
- paper towels
- oven
- whisk
- baking pan

Directions

- Preheat oven to 40
- Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat.
- Add beef; cook 3 minutes or until browned, stirring to crumble.
- Drain. Wipe drippings from pan with a paper towel.
- Heat remaining 1 1/2 teaspoons oil in pan.
- Add zucchini and next 6 ingredients; saut 7 minutes or until vegetables are tender. Return beef to pan. Stir in tomato paste and next 3 ingredients. Bring to a boil; cook 3 minutes.
- Combine cornstarch and 2 tablespoons water in a small bowl; stir with a whisk.
- Add cornstarch mixture to pan; cook 1 minute, stirring constantly.

- Spoon beef mixture into an 11 x 7inch baking dish coated with cooking spray. Separate breadstick dough into strips. Arrange strips in a lattice fashion over beef mixture.
- Bake at 400 for 12 minutes or until browned.
- Serve spoonfuls of potpie in a small bowl.

Nutrition Facts



Properties

Glycemic Index:43.31, Glycemic Load:2.79, Inflammation Score:-10, Nutrition Score:20.00304349609%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 422.3kcal (21.12%), Fat: 22.64g (34.83%), Saturated Fat: 8.14g (50.89%), Carbohydrates: 35.32g (11.77%), Net Carbohydrates: 31.53g (11.47%), Sugar: 8.98g (9.98%), Cholesterol: 51.41mg (17.14%), Sodium: 805.97mg (35.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.93g (43.86%), Vitamin A: 3820.26IU (76.41%), Vitamin B3: 7.04mg (35.21%), Vitamin B2: 0.5mg (29.42%), Selenium: 20.1µg (28.72%), Vitamin B12: 1.67µg (27.85%), Zinc: 4.12mg (27.46%), Potassium: 946.89mg (27.05%), Vitamin B6: 0.51mg (25.72%), Phosphorus: 238.69mg (23.87%), Copper: 0.39mg (19.44%), Vitamin C: 15.31mg (18.56%), Vitamin B5: 1.75mg (17.5%), Iron: 2.96mg (16.42%), Fiber: 3.79g (15.18%), Manganese: 0.28mg (14.24%), Vitamin K: 12.93µg (12.32%), Magnesium: 40.02mg (10%), Vitamin B1: 0.15mg (9.95%), Folate: 38.68µg (9.67%), Vitamin E: 1.32mg (8.78%), Calcium: 47.92mg (4.79%), Vitamin D: 0.23µg (1.51%)