



Italian-Style Pizza Pot Pie

READY IN



65 min.

SERVINGS



6

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz mushrooms fresh sliced
- ☐ 2 garlic cloves minced
- ☐ 0.8 pound ground round
- ☐ 4 oz five-cheese blend shredded italian
- ☐ 0.5 teaspoon penzey's southwest seasoning dried italian
- ☐ 1 small onion chopped
- ☐ 13.8 oz pizza crust dough refrigerated
- ☐ 0.3 teaspoon salt
- ☐ 0.3 pound mild sausage italian

- ☐ 26 oz tomato-and-basil pasta sauce

Equipment

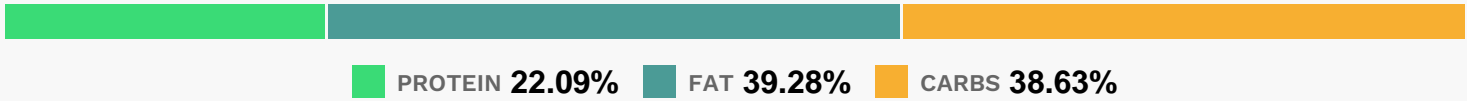
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 45
- ☐ Cook ground round and sausage in a large skillet over medium-high heat, stirring often, 8 to 10 minutes or until meat crumbles and is no longer pink.
- ☐ Drain beef mixture, reserving 1 tsp. drippings in skillet. Reduce heat to medium.
- ☐ Saut onion in hot drippings 2 minutes.
- ☐ Add garlic, and cook 1 minute or until tender.
- ☐ Add mushrooms, and saut 8 to 10 minutes or until most of liquid has evaporated. Stir in beef mixture, pasta sauce, Italian seasoning, and salt. Bring to a light boil, and simmer 5 minutes.
- ☐ Meanwhile, unroll dough on a lightly floured piece of parchment paper. Invert 1 (9-inch) round baking dish or pie plate onto center of dough.
- ☐ Cut dough around edge of baking dish, making a 9-inch circle.
- ☐ Remove excess dough around baking dish; cover and chill, reserving for another use, such as Cinnamon Nuggets.
- ☐ Remove baking dish.
- ☐ Pour beef mixture into baking dish, and sprinkle with cheese. Immediately top with dough circle.
- ☐ Cut an "X" in top of dough for steam to escape.
- ☐ Place baking dish on an aluminum foil-lined baking sheet.

- ☐ Bake at 450 for 16 to 20 minutes or until crust is golden brown.
- ☐ Let stand 10 minutes before serving.
- ☐ Note: For testing purposes only, we used Pillsbury Classic Pizza Crust.
- ☐ Piecrust-Topped Pizza Pot Pie: Substitute 1/2 (15-oz.) package refrigerated piecrusts for pizza dough. Proceed with recipe as directed, omitting Step (
- ☐ Place entire piecrust over filling in baking dish in Step 4; press crust onto edge of dish to secure. Edges of crust will hang over sides of dish. Tuck excess crust under sides of dish, if desired.)

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:0.64, Inflammation Score:-5, Nutrition Score:12.803912872853%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 489.62kcal (24.48%), Fat: 21.44g (32.98%), Saturated Fat: 6.19g (38.68%), Carbohydrates: 47.43g (15.81%), Net Carbohydrates: 41.85g (15.22%), Sugar: 14.15g (15.72%), Cholesterol: 55mg (18.33%), Sodium: 1244.28mg (54.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.12g (54.24%), Selenium: 17.82µg (25.46%), Vitamin B3: 4.88mg (24.41%), Vitamin B12: 1.44µg (24%), Iron: 4.26mg (23.66%), Fiber: 5.58g (22.31%), Zinc: 3.29mg (21.91%), Potassium: 766.3mg (21.89%), Phosphorus: 168.83mg (16.88%), Vitamin B6: 0.33mg (16.67%), Vitamin B2: 0.28mg (16.31%), Vitamin A: 740.25IU (14.8%), Vitamin B1: 0.17mg (11.3%), Vitamin B5: 1.02mg (10.21%), Vitamin C: 8.25mg (10%), Calcium: 95.67mg (9.57%), Copper: 0.18mg (9.24%), Magnesium: 19.26mg (4.81%), Manganese: 0.07mg (3.74%), Folate: 13.98µg (3.5%), Vitamin K: 1.55µg (1.48%), Vitamin E: 0.22mg (1.46%)