



Lloyd's Squirrel or Chicken Pot Pie

 Dairy Free  Very Healthy

READY IN



140 min.

SERVINGS



8

CALORIES



585 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large onion sweet coarsely chopped
- 4 rib celery stalks coarsely chopped
- 5 medium carrots coarsely chopped
- 5 medium baking potatoes diced
- 3 tablespoons garlic clove minced pressed (or)
- 6 cups beef broth
- 2 teaspoons salt to taste (or)
- 1 teaspoon pepper fresh black to taste (or)

- 4 squirrels skinless cleaned
- 15 ounces peas canned drained
- 15 ounces lima beans canned drained
- 12 ounces mexicorn kernel corn) whole canned
- 4 ounces mushrooms canned drained
- 4 ounces mushrooms canned drained
- 2 tablespoons cornstarch
- 2 dough for double-crust pie (4 crusts)

Equipment

- bowl
- oven
- pot

Directions

- Combine the onion, celery, carrots, potatoes, garlic, broth, salt and pepper and squirrel (or chicken) in a large pot and bring to a boil; simmer until meat is very tender and easily removed from bones. Debone the meat and set aside; reserve 2 1/2 to 3 cups cooking liquid.
- Fit the bottom crusts into 2 pie pans. (The box of Pillsbury refrigerated pie crusts said to lightly brown the bottom crust before filling with pot pie mixture.)
- Combine the meat, vegetables, reserved broth and cornstarch in a large bowl and mix well; divide the mixture between the 2 pie shells. Top with the second crust, press the edges to seal and cut vents in the top for steam to escape.
- Bake at 350 degrees until crust is browned, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:45.45, Glycemic Load:36.21, Inflammation Score:-10, Nutrition Score:35.398695652174%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg

Nutrients (% of daily need)

Calories: 584.77kcal (29.24%), Fat: 8.17g (12.57%), Saturated Fat: 2.08g (12.98%), Carbohydrates: 93.86g (31.29%), Net Carbohydrates: 83.76g (30.46%), Sugar: 8.65g (9.61%), Cholesterol: 59.5mg (19.83%), Sodium: 2089.58mg (90.85%), Protein: 35.14g (70.28%), Vitamin A: 7266.18IU (145.32%), Vitamin B3: 15.31mg (76.55%), Vitamin B6: 1.14mg (57.22%), Manganese: 1.1mg (54.9%), Selenium: 38.38µg (54.83%), Vitamin B1: 0.72mg (47.78%), Phosphorus: 451.03mg (45.1%), Folate: 172.51µg (43.13%), Potassium: 1429.94mg (40.86%), Fiber: 10.11g (40.43%), Vitamin B2: 0.65mg (38.47%), Iron: 6.76mg (37.55%), Magnesium: 118.85mg (29.71%), Copper: 0.57mg (28.34%), Vitamin C: 22.92mg (27.78%), Vitamin B5: 2.61mg (26.14%), Zinc: 3.3mg (22%), Vitamin K: 22.46µg (21.39%), Calcium: 98.85mg (9.89%), Vitamin B12: 0.45µg (7.53%), Vitamin E: 0.55mg (3.63%)