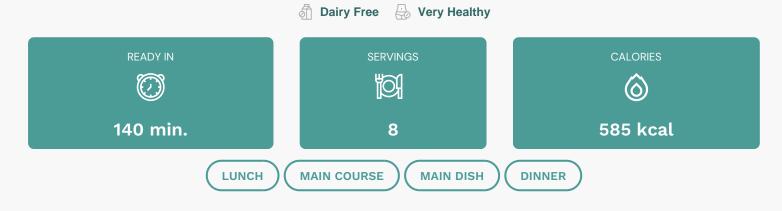


## Lloyd's Squirrel or Chicken Pot Pie



## 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	
	PROTEIN 23.84% FAT 12.47% CARBS 63.69%	
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Properties		

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

## **Flavonoids**

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

## 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%)