



Millet Pie



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



217 kcal

Ingredients

- ☐ 0.5 cup carrots diced
- ☐ 0.5 cup celery diced
- ☐ 1 teaspoon ground allspice
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 1 cup millet
- ☐ 1 cup oats
- ☐ 0.5 cup onion diced
- ☐ 0.5 cup potatoes diced

- ☐ 0.3 cup safflower oil
- ☐ 0.3 cup tamari sauce
- ☐ 1.5 cups water

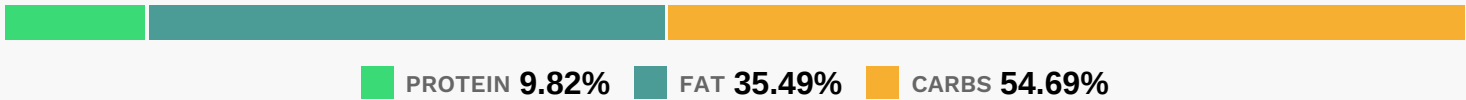
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ pie form

Directions

- ☐ Bring 1 cup water and oats to a boil in a saucepan; reduce heat and simmer until water is absorbed, 10 minutes. Bring 1 1/2 cups water and millet to a boil in a separate saucepan; reduce heat and simmer until water is absorbed and millet is tender, 20 minutes.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Combine oats, millet, onion, carrot, celery, potato, safflower oil, tamari, allspice, nutmeg, cloves, salt, and black pepper together in a large bowl; mix well.
- ☐ Press 1 pie crust pastry into a 9-inch pie pan.
- ☐ Pour filling into pie crust. Top with second pie crust pastry; pinch edges together. Pierce a few areas of the top crust to allow pie to ventilate during baking.
- ☐ Brush top crust with beaten egg.
- ☐ Bake pie in the preheated oven until crust is golden brown, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:54.07, Glycemic Load:16.02, Inflammation Score:-8, Nutrition Score:10.09391299538%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 216.99kcal (10.85%), Fat: 8.64g (13.28%), Saturated Fat: 0.84g (5.28%), Carbohydrates: 29.93g (9.98%), Net Carbohydrates: 25.85g (9.4%), Sugar: 1.23g (1.37%), Cholesterol: 0mg (0%), Sodium: 421.04mg (18.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.75%), Manganese: 0.88mg (44.25%), Vitamin A: 1367.25IU (27.34%), Vitamin E: 2.45mg (16.35%), Fiber: 4.08g (16.33%), Phosphorus: 137.5mg (13.75%), Copper: 0.27mg (13.56%), Magnesium: 52.13mg (13.03%), Vitamin B1: 0.18mg (11.9%), Vitamin B6: 0.19mg (9.4%), Vitamin B3: 1.84mg (9.19%), Iron: 1.55mg (8.58%), Folate: 33.75µg (8.44%), Vitamin B2: 0.11mg (6.75%), Potassium: 216.84mg (6.2%), Zinc: 0.91mg (6.08%), Selenium: 3.8µg (5.42%), Vitamin C: 4.09mg (4.96%), Vitamin B5: 0.44mg (4.43%), Vitamin K: 4.27µg (4.07%), Calcium: 21.3mg (2.13%)