



## Piecrust-Topped Pizza Pot Pie

READY IN



45 min.

SERVINGS



6

CALORIES



653 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
- 15 oz piecrusts refrigerated
- 0.3 teaspoon salt
- 0.3 pound mild sausage italian

- 26 oz tomato-and-basil pasta sauce

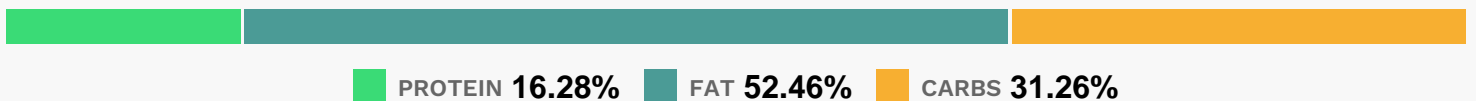
## Equipment

- frying pan
- baking sheet
- oven
- 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.
- Pour beef mixture into baking dish, and sprinkle with cheese.
- Place entire piecrust over filling in baking dish; 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.
- 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.

## Nutrition Facts



## Properties

Glycemic Index:20.33, Glycemic Load:0.64, Inflammation Score:-6, Nutrition Score:16.923043473907%

## 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: 653.11kcal (32.66%), Fat: 37.89g (58.3%), Saturated Fat: 11.47g (71.69%), Carbohydrates: 50.79g (16.93%), Net Carbohydrates: 44.42g (16.15%), Sugar: 10.1g (11.23%), Cholesterol: 55mg (18.33%), Sodium: 1062.73mg (46.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.46g (52.93%), Vitamin B3: 6.8mg (33.98%), Selenium: 21.86µg (31.23%), Fiber: 6.37g (25.48%), Vitamin B1: 0.36mg (24.29%), Iron: 4.34mg (24.12%), Zinc: 3.61mg (24.04%), Vitamin B12: 1.44µg (24%), Potassium: 835.05mg (23.86%), Vitamin B2: 0.4mg (23.4%), Phosphorus: 219.86mg (21.99%), Manganese: 0.39mg (19.4%), Vitamin B6: 0.37mg (18.44%), Folate: 63.59µg (15.9%), Vitamin A: 740.95IU (14.82%), Vitamin B5: 1.31mg (13.08%), Copper: 0.24mg (11.9%), Calcium: 109.13mg (10.91%), Vitamin C: 8.25mg (10%), Magnesium: 29.89mg (7.47%), Vitamin K: 6.73µg (6.41%), Vitamin E: 0.54mg (3.63%)