



Roast Beef Pot Pie

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



126 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup pan drippings from roast beef preferably cubed cooked
- 12 oz gravy
- 12 oz savory vegetable mixed frozen
- 0.5 teaspoon lawry's seasoned salt
- 0.8 cup milk
- 1 cup frangelico

Equipment

- bowl

sauce pan

oven

Directions

Heat oven to 400°F. In 3–quart saucepan, heat beef, gravy, frozen vegetables and seasoned salt to boiling, stirring constantly. Boil and stir 1 minute.

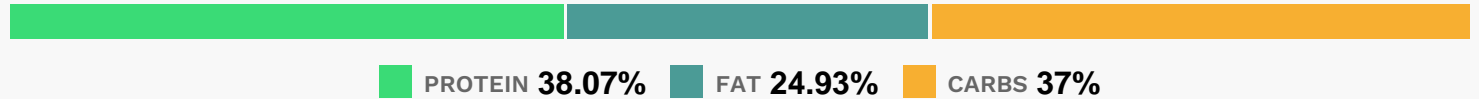
Spread in ungreased 1 1/2–quart casserole.

In small bowl, stir together Bisquick mix and milk until well blended.

Pour evenly over beef mixture.

Bake uncovered about 30 minutes or until light brown.

Nutrition Facts



Properties

Glycemic Index:13.83, Glycemic Load:2.95, Inflammation Score:-9, Nutrition Score:10.713912982332%

Nutrients (% of daily need)

Calories: 125.72kcal (6.29%), Fat: 3.61g (5.55%), Saturated Fat: 1.58g (9.85%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 9.79g (3.56%), Sugar: 2.43g (2.69%), Cholesterol: 30.67mg (10.22%), Sodium: 1085.15mg (47.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.4g (24.81%), Vitamin A: 2928.59IU (58.57%), Vitamin C: 23.64mg (28.66%), Vitamin B3: 3.67mg (18.36%), Calcium: 162.22mg (16.22%), Phosphorus: 140.36mg (14.04%), Vitamin B12: 0.83µg (13.92%), Zinc: 1.8mg (12.03%), Vitamin B6: 0.23mg (11.54%), Fiber: 2.27g (9.07%), Vitamin B2: 0.14mg (8.16%), Potassium: 276.4mg (7.9%), Iron: 1.37mg (7.6%), Manganese: 0.15mg (7.38%), Vitamin B1: 0.1mg (6.93%), Magnesium: 25.55mg (6.39%), Folate: 20.03µg (5.01%), Selenium: 3.45µg (4.93%), Copper: 0.08mg (4.04%), Vitamin B5: 0.32mg (3.24%), Vitamin D: 0.34µg (2.24%)