



Roast Beef Pot Pie

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



126 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

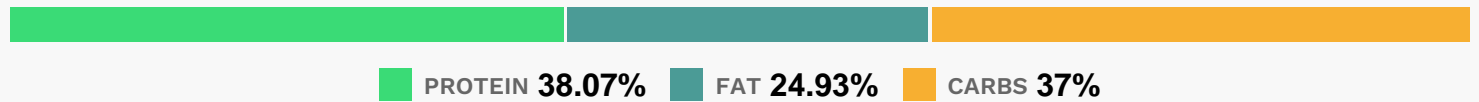
Equipment

- bowl
- sauce pan
- oven

Directions

- Heat oven to 400F. 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: 0g (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%)