



Roasted Vegetable Pot Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon fennel seeds
- ☐ 2 tablespoons dressing fat-free italian
- ☐ 15 ounce no-salt-added kidney beans red rinsed drained canned
- ☐ 13.8 ounce pizza crust dough refrigerated canned
- ☐ 25.8 ounce chunky spaghetti sauce fat-free sweet with mushrooms and peppers
- ☐ 32 ounce stew vegetables frozen thawed

Equipment

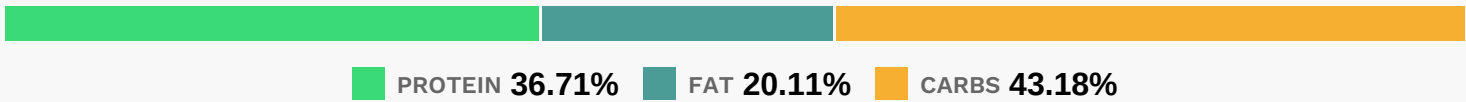
- ☐ baking sheet

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 45
- ☐ Combine vegetables and Italian dressing, tossing well. Spoon vegetable mixture onto a large baking sheet.
- ☐ Bake at 450 for 20 minutes or until vegetables are lightly browned, stirring once.
- ☐ Remove from oven. Reduce oven temperature to 37
- ☐ Combine roasted vegetable mixture, spaghetti sauce, and kidney beans in a 13- x 9-inch baking dish, stirring well.
- ☐ Unroll dough onto a work surface; sprinkle dough with fennel seeds.
- ☐ Roll dough to a 14- x 10-inch rectangle; place over vegetable mixture.
- ☐ Bake at 375 for 30 minutes or until lightly browned.
- ☐ Tip: The fennel seeds add flavor to refrigerated pizza crust dough and make it a little more special.

Nutrition Facts



Properties

Glycemic Index:9.54, Glycemic Load:4.13, Inflammation Score:-6, Nutrition Score:21.072608636773%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 377.73kcal (18.89%), Fat: 8.46g (13.01%), Saturated Fat: 2.48g (15.52%), Carbohydrates: 40.85g (13.62%), Net Carbohydrates: 34.71g (12.62%), Sugar: 6.83g (7.59%), Cholesterol: 70.31mg (23.44%), Sodium: 885.63mg (38.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.72g (69.44%), Selenium: 32.67µg (46.67%), Vitamin B6: 0.9mg (44.86%), Vitamin B3: 8.89mg (44.47%), Zinc: 5.5mg (36.66%), Vitamin B12: 2.1µg (34.96%), Phosphorus: 345.67mg (34.57%), Iron: 6.15mg (34.17%), Potassium: 879.09mg (25.12%), Fiber: 6.14g (24.54%), Folate: 92.06µg

(23.01%), Manganese: 0.38mg (19.22%), Copper: 0.35mg (17.4%), Magnesium: 65.96mg (16.49%), Vitamin B2: 0.27mg (16.03%), Vitamin B1: 0.21mg (14.28%), Vitamin E: 1.75mg (11.65%), Vitamin K: 10.34µg (9.85%), Vitamin B5: 0.89mg (8.93%), Vitamin C: 7.09mg (8.6%), Vitamin A: 396.71IU (7.93%), Calcium: 52.65mg (5.26%)