



Roasted Vegetable Pot Pie

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon fennel seeds
- ☐ 2 tablespoons dressing fat-free italian
- ☐ 10 ounce pizza crust dough refrigerated canned
- ☐ 15 ounce kidney beans dark red drained canned
- ☐ 25.8 ounce chunky spaghetti sauce fat-free sweet with mushrooms and peppers
- ☐ 32 ounce stew vegetables frozen thawed

Equipment

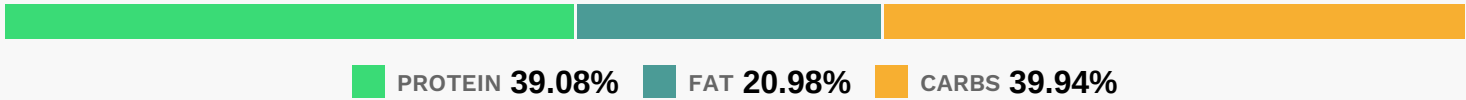
- ☐ baking sheet

- ☐ oven
- ☐ baking pan

Directions

- ☐ 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, stirring well. Spoon vegetable mixture into a 13- x 9- x 2-inch baking dish.
- ☐ 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.

Nutrition Facts



Properties

Glycemic Index:12.71, Glycemic Load:5.5, Inflammation Score:-7, Nutrition Score:27.932608915412%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg

Nutrients (% of daily need)

Calories: 459.47kcal (22.97%), Fat: 10.72g (16.49%), Saturated Fat: 3.17g (19.83%), Carbohydrates: 45.9g (15.3%), Net Carbohydrates: 37.99g (13.81%), Sugar: 7.99g (8.88%), Cholesterol: 93.74mg (31.25%), Sodium: 1051.03mg (45.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.91g (89.82%), Selenium: 43.56µg (62.22%), Vitamin B6: 1.2mg (59.81%), Vitamin B3: 11.86mg (59.29%), Zinc: 7.33mg (48.88%), Vitamin B12: 2.8µg (46.62%), Phosphorus: 460.89mg (46.09%), Iron: 7.72mg (42.87%), Potassium: 1172.12mg (33.49%), Fiber: 7.91g (31.64%), Folate: 122.74µg (30.69%), Manganese: 0.51mg (25.63%), Copper: 0.46mg (23.2%), Magnesium: 87.95mg (21.99%), Vitamin B2: 0.36mg (21.37%), Vitamin B1: 0.29mg (19.03%), Vitamin E: 2.33mg (15.53%), Vitamin K: 13.79µg (13.13%), Vitamin B5: 1.19mg (11.91%), Vitamin C: 9.46mg (11.46%), Vitamin A: 528.95IU (10.58%), Calcium: 70.2mg (7.02%)