



HEALTH SCORE

60%

Roasted-Vegetable Potpie with Feta



Very Healthy

READY IN

**45 min.**

SERVINGS

**6**

CALORIES

**248 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 cups pieces bell pepper red (1-inch)
- ☐ 2 cups pieces bell pepper yellow (1-inch)
- ☐ 0.1 teaspoon pepper black
- ☐ 2 cups carrots sliced ()
- ☐ 1 teaspoon cider vinegar
- ☐ 0.5 teaspoon rosemary dried

- ☐ 1 large egg white lightly beaten
- ☐ 6 cups eggplant cubed peeled (1-inch) ()
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 2 ounces feta cheese crumbled finely
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 1 large garlic clove minced
- ☐ 0.3 cup buttermilk low-fat
- ☐ 4 plum tomatoes halved lengthwise
- ☐ 10 inch portabello mushrooms (2 large)
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons sesame seed
- ☐ 2 tablespoons stick margarine cooled melted
- ☐ 1 large vidalia sweet cut into 8 wedges
- ☐ 2 cups zucchini cubed (1-inch)

Equipment

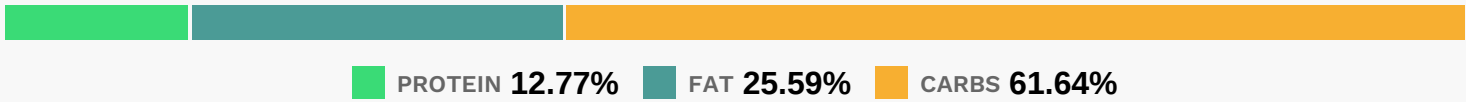
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 45
- ☐ To prepare roasted vegetables, combine first 6 ingredients in a large bowl.

- ☐ Place on a jelly-roll pan coated with cooking spray.
- ☐ Bake at 450 for 40 minutes, stirring once.
- ☐ Add mushrooms, tomatoes, and garlic; bake an additional 30 minutes or until vegetables are tender.
- ☐ Remove roasted vegetables from oven. Reduce oven temperature to 40
- ☐ To prepare buttermilk pastry, lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, baking powder, and salt in a small bowl.
- ☐ Add buttermilk, butter, and vinegar; toss with a fork until moist. Gently press mixture into a 6 x 4-inch rectangle on heavy-duty plastic wrap; cover with additional plastic wrap.
- ☐ Roll dough, still covered, into a 12 x 7-inch rectangle; freeze 10 minutes.
- ☐ Remove 1 sheet of plastic wrap; let stand 1 minute or until pliable.
- ☐ Combine roasted vegetables, feta, and next 6 ingredients (feta through black pepper) in an 11 x 7-inch baking dish coated with cooking spray. Fit dough over filling.
- ☐ Remove top sheet of plastic wrap.
- ☐ Brush with egg white; sprinkle with sesame seeds.
- ☐ Cut 6 slits in top of dough to allow steam to escape.
- ☐ Bake at 400 for 35 minutes or until the potpie is golden brown and bubbly around the edges.
- ☐ Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:113.81, Glycemic Load:15.2, Inflammation Score:-10, Nutrition Score:24.716521671285%

Flavonoids

Delphinidin: 70.27mg, Delphinidin: 70.27mg, Delphinidin: 70.27mg, Delphinidin: 70.27mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg

Nutrients (% of daily need)

Calories: 247.58kcal (12.38%), Fat: 7.38g (11.35%), Saturated Fat: 2.35g (14.69%), Carbohydrates: 39.96g (13.32%), Net Carbohydrates: 32.69g (11.89%), Sugar: 13g (14.44%), Cholesterol: 8.81mg (2.94%), Sodium: 570.68mg (24.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.28g (16.57%), Vitamin C: 175.25mg (212.43%), Vitamin A: 9520.47IU (190.41%), Manganese: 0.72mg (36.22%), Folate: 135.35µg (33.84%), Vitamin B6: 0.6mg (30.07%), Fiber: 7.27g (29.09%), Potassium: 891.02mg (25.46%), Vitamin B2: 0.4mg (23.64%), Vitamin B1: 0.35mg (23.22%), Vitamin K: 22µg (20.95%), Vitamin B3: 4mg (20.02%), Phosphorus: 179.74mg (17.97%), Selenium: 11.87µg (16.96%), Copper: 0.3mg (15.12%), Magnesium: 57.03mg (14.26%), Calcium: 135.04mg (13.5%), Iron: 2.4mg (13.35%), Vitamin E: 1.8mg (11.98%), Vitamin B5: 1.05mg (10.54%), Zinc: 1.26mg (8.41%), Vitamin B12: 0.21µg (3.54%)