



Southwestern Pot Pie

READY IN



55 min.

SERVINGS



4

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup onion chopped
- ☐ 2 cups butternut squash cubed peeled
- ☐ 16 oz salsa thick
- ☐ 0.5 cup water
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 cup corn frozen
- ☐ 15 oz garbanzo beans drained canned (garbanzo beans)
- ☐ 6.5 oz just-add-water cornbread mix

- ☐ 0.5 cup milk
- ☐ 1 tablespoon vegetable oil
- ☐ 1 tablespoon sunflower seeds

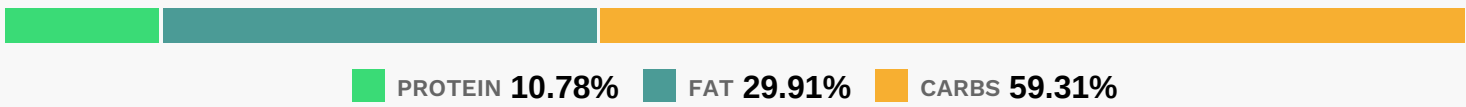
Equipment

- ☐ bowl
- ☐ toothpicks
- ☐ dutch oven

Directions

- ☐ In 4-quart Dutch oven, heat 1 tablespoon oil over medium-high heat.
- ☐ Add onion; cook about 5 minutes, stirring occasionally, until crisp-tender.
- ☐ Stir in sweet potatoes, salsa, water and cinnamon.
- ☐ Heat to boiling; reduce heat. Cover; simmer 20 to 25 minutes or until squash is tender. Stir in corn and beans.
- ☐ In medium bowl, mix cornbread mix, milk and 1 tablespoon oil. Stir in nuts. Drop dough by large spoonfuls onto vegetable mixture. Cover; simmer about 15 minutes or until toothpick inserted in center of dumplings comes out clean.

Nutrition Facts



Properties

Glycemic Index:32.58, Glycemic Load:5.32, Inflammation Score:-10, Nutrition Score:28.758695467659%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 500.25kcal (25.01%), Fat: 17.4g (26.78%), Saturated Fat: 3.46g (21.64%), Carbohydrates: 77.64g (25.88%), Net Carbohydrates: 64.41g (23.42%), Sugar: 18.46g (20.51%), Cholesterol: 4.58mg (1.53%), Sodium: 1435.58mg (62.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.11g (28.21%), Vitamin A: 8107.71IU (162.15%), Manganese: 1.47mg (73.64%), Fiber: 13.23g (52.92%), Vitamin B6: 1.04mg (52.17%), Phosphorus: 464.58mg (46.46%), Folate: 122.64µg (30.66%), Vitamin B1: 0.46mg (30.36%), Potassium: 986.2mg (28.18%), Vitamin C: 22.98mg (27.85%), Magnesium: 109.93mg (27.48%), Vitamin E: 3.93mg (26.18%), Vitamin B3: 4.77mg (23.85%), Iron: 3.93mg (21.85%), Copper: 0.41mg (20.65%), Vitamin K: 20.63µg (19.65%), Calcium: 181.27mg (18.13%), Vitamin B2: 0.29mg (17.04%), Vitamin B5: 1.36mg (13.61%), Zinc: 1.94mg (12.93%), Selenium: 8.52µg (12.16%), Vitamin B12: 0.21µg (3.44%), Vitamin D: 0.34µg (2.24%)