



Vegetable Pie

 Vegetarian

READY IN



120 min.

SERVINGS



6

CALORIES



469 kcal

Ingredients

- 0.3 teaspoon basil
- 0.3 teaspoon basil
- 1 teaspoon basil
- 1 teaspoon basil
- 3 pieces bread crumbled
- 0.5 cup butter
- 2 teaspoons butter
- 4 teaspoons butter
- 1 large carrots sliced into rounds

- 1 cup cheddar cheese grated
- 0.5 cup corn frozen
- 0.3 teaspoon paprika
- 1 teaspoon paprika
- 0.3 teaspoon marjoram
- 1 teaspoon marjoram
- 1 cup milk
- 1 cup mushrooms sliced
- 1 cup mushrooms sliced
- 1 teaspoon mustard
- 0.3 teaspoon nutmeg
- 1 teaspoon cooking oil
- 1 onion chopped
- 0.5 cup peas frozen
- 1 potatoes diced
- 6 servings salt and pepper
- 2 teaspoons water cold
- 0.5 cup flour
- 1 cup flour white
- 3 teaspoons flour white

Equipment

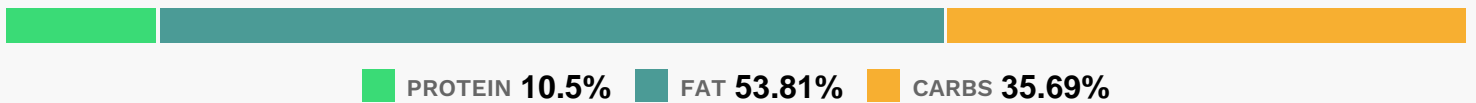
- frying pan
- baking pan
- spatula
- slotted spoon

Directions

- Prepare crust-----.

- Mix flour and butter with fingers, add water slowly until dough can be formed into a ball
- Roll dough to fit a circular or square baking dish, depending on your geometric preference Grease dish and prebake crust for 15–20 minutes at 350 (poke the bottom of the crust with a fork).-----Prepare vegetable filling-----Fry onion in oil until tender; add potato and carrot; add basil, marjoram, and paprika; salt and pepper to taste; cover for a few minutes, stirring occasionally
- Add peas, corn, and mushrooms; cover for a few more minutes, stirring occasionally (you might want to remove the cover at some point to cook off some water).-----Prepare sauce-----Melt butter and add flour, cooking at low temperature to thicken and brown
- Add the milk and reheat slowly Turn off the heat and add cheese, mustard, and nutmeg.-----Prepare topping-----Melt the butter and crumble the bread into the pan (stale bread works well)
- Add the spices and brown.-----Make a pie-----.
- Add the vegetable filling to your nicely precooked crust (spoon it in with a slotted spoon to cut down on extra water)
- Pour the sauce over the filling and mix it lightly with a rubber spatula
- Sprinkle the bread crumb topping over the top of the pie Cook for about 50 minutes at 350, let stand for 10 minutes or so, eat.Because this crust is hearty, I prefer to precook it a bit.Experiment with this to find your own preference.The trick to this recipe is preparing the filling, sauce, and topping concurrently.I usually end up finishing up the sauce last, but I have not given up hope.

Nutrition Facts



Properties

Glycemic Index:196.1, Glycemic Load:24.81, Inflammation Score:-9, Nutrition Score:17.912608695652%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 469.45kcal (23.47%), Fat: 28.56g (43.94%), Saturated Fat: 16.86g (105.39%), Carbohydrates: 42.62g (14.21%), Net Carbohydrates: 38.7g (14.07%), Sugar: 5.17g (5.74%), Cholesterol: 75.13mg (25.04%), Sodium: 512.81mg (22.3%), Protein: 12.54g (25.08%), Vitamin A: 3160.84IU (63.22%), Selenium: 21.24µg (30.35%), Vitamin B2: 0.49mg (29.04%), Vitamin B1: 0.4mg (27%), Phosphorus: 253.3mg (25.33%), Folate: 94.76µg (23.69%), Calcium: 213.63mg (21.36%), Manganese: 0.43mg (21.27%), Vitamin B3: 4.2mg (20.98%), Vitamin C: 15.58mg (18.89%), Fiber: 3.92g (15.68%), Potassium: 514.27mg (14.69%), Vitamin B6: 0.28mg (14.24%), Iron: 2.46mg (13.64%), Copper: 0.24mg (12%), Zinc: 1.71mg (11.42%), Vitamin B5: 1.11mg (11.06%), Magnesium: 41.86mg (10.47%), Vitamin K: 8.82µg (8.4%), Vitamin B12: 0.47µg (7.88%), Vitamin E: 1.08mg (7.22%), Vitamin D: 0.62µg (4.16%)