



Vegetable Pot Pie with Parmesan-Black Pepper Biscuits

READY IN



45 min.

SERVINGS



8

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces baking potatoes diced peeled
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1.3 cups carrots diced (3 carrots)
- ☐ 0.8 cup celery chopped (3 stalks)
- ☐ 16 ounce crimini mushrooms

- ☐ 1.7 cups flour all-purpose
- ☐ 2.5 tablespoons flour all-purpose
- ☐ 3 tablespoons chives fresh chopped
- ☐ 1.5 tablespoons thyme sprigs fresh chopped
- ☐ 2 garlic clove minced
- ☐ 1 cup buttermilk low-fat
- ☐ 1.5 cups milk 1% low-fat
- ☐ 2 tablespoons olive oil divided
- ☐ 0.5 cup parmesan fresh grated
- ☐ 1 cup parsnips diced (2 parsnips)
- ☐ 16 ounce pearl onions frozen
- ☐ 2 cups peas green frozen
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 4.5 tablespoons butter unsalted cut into pieces
- ☐ 0.8 cup vegetable stock organic

Equipment

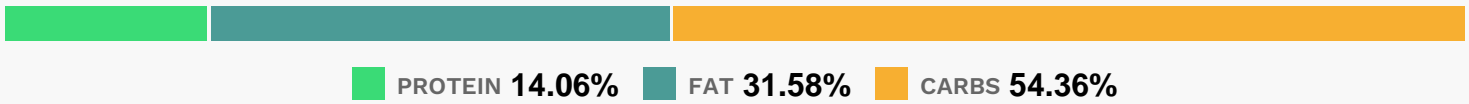
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup
- ☐ slow cooker

Directions

- ☐ To prepare filling, heat a large nonstick skillet over medium-high heat.
- ☐ Add 1 1/2 teaspoons oil to pan; swirl to coat.

- ☐ Add potato and next 6 ingredients (through black pepper); saut 5 minutes.
- ☐ Add garlic; saut 1 minute. Coat a 5-quart electric slow cooker with cooking spray.
- ☐ Transfer vegetable mixture to slow cooker.
- ☐ Heat remaining 1 1/2 tablespoons oil in pan over medium-high heat.
- ☐ Add 2 1/2 tablespoons flour, stirring with a whisk. Cook 1 minute, whisking constantly. Gradually add milk and broth, stirring with a whisk. Cook over medium heat 3 minutes or until thick and bubbly, stirring constantly with whisk.
- ☐ Pour sauce into slow cooker. Stir in peas, thyme, and onions. Cover and cook on LOW for 3 1/2 hours or until vegetables are tender.
- ☐ To make biscuit topping, weigh or lightly spoon 5 ounces flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, and next 3 ingredients (through black pepper) in a large bowl, stirring with a whisk.
- ☐ Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in cheese and chives.
- ☐ Add buttermilk, stirring just until moist.
- ☐ Increase slow cooker heat to HIGH. Drop biscuits onto filling in 8 equal mounds. Cover and cook on HIGH for 1 hour and 15 minutes or until biscuits are done. Uncover and let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:98.11, Glycemic Load:24.63, Inflammation Score:-10, Nutrition Score:25.665652192157%

Flavonoids

Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 2.92mg, Isorhamnetin: 2.92mg, Isorhamnetin: 2.92mg, Isorhamnetin: 2.92mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.82mg, Quercetin: 11.82mg, Quercetin: 11.82mg, Quercetin: 11.82mg

Nutrients (% of daily need)

Calories: 360.38kcal (18.02%), Fat: 12.96g (19.94%), Saturated Fat: 6.14g (38.4%), Carbohydrates: 50.21g (16.74%), Net Carbohydrates: 43.86g (15.95%), Sugar: 11.46g (12.74%), Cholesterol: 24.59mg (8.2%), Sodium: 574.81mg (24.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.98g (25.96%), Vitamin A: 4169.26IU (83.39%), Selenium: 28.92µg (41.32%), Vitamin B2: 0.66mg (38.61%), Manganese: 0.76mg (38.14%), Vitamin C: 27.9mg (33.82%), Vitamin B1: 0.49mg (32.95%), Phosphorus: 328.72mg (32.87%), Folate: 127.69µg (31.92%), Calcium: 276.61mg (27.66%), Vitamin B3: 5.42mg (27.09%), Fiber: 6.36g (25.42%), Potassium: 867.61mg (24.79%), Copper: 0.5mg (24.76%), Vitamin K: 24.83µg (23.65%), Vitamin B6: 0.41mg (20.54%), Iron: 3.08mg (17.13%), Vitamin B5: 1.64mg (16.43%), Magnesium: 58.89mg (14.72%), Zinc: 2.15mg (14.32%), Vitamin E: 1.22mg (8.14%), Vitamin B12: 0.48µg (8.02%), Vitamin D: 0.69µg (4.62%)