



Veggie Biscuit Pot Pie

🤍 Popular

READY IN



45 min.

SERVINGS



2

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 biscuits whole wheat whole
- 2 tbsp cornstarch
- 2.5 cups vegetables mixed frozen
- 0.5 tsp garlic powder
- 1 cup plant-based milk
- 2 tbsp nutritional yeast
- 0.5 tsp onion powder
- 2 tsp granulated poultry seasoning (not powdered)

1 cup vegetable broth

Equipment

sauce pan

whisk

Directions

Whisk cornstarch into broth until well combined.

Combine with all remaining ingredients in a medium saucepan and bring to a boil over medium heat. Allow sauce to thicken as desired. Taste, adding more garlic or onion powder if desired. Also add salt and pepper to taste.

Pour over biscuits and serve. (1/2 tsp dried parsley also makes this gravy very pretty!)

Amount Per Serving

Calories

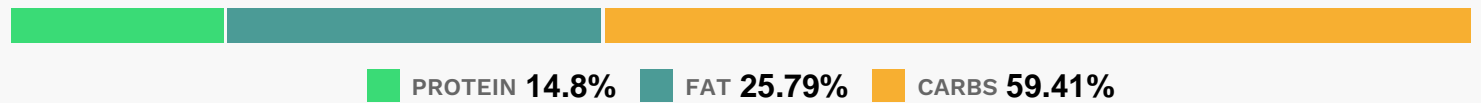
Fat

80g

Carbohydrate

50g Dietary Fiber 12.20g Sugars 17.70g Protein 21g

Nutrition Facts



Properties

Glycemic Index:98.5, Glycemic Load:24.55, Inflammation Score:-10, Nutrition Score:23.353043556213%

Nutrients (% of daily need)

Calories: 446.7kcal (22.33%), Fat: 13.39g (20.6%), Saturated Fat: 4.98g (31.1%), Carbohydrates: 69.41g (23.14%), Net Carbohydrates: 57.64g (20.96%), Sugar: 13.45g (14.95%), Cholesterol: 14.64mg (4.88%), Sodium: 731.21mg (31.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.29g (34.59%), Vitamin A: 12065.65IU (241.31%), Fiber: 11.77g (47.07%), Manganese: 0.81mg (40.54%), Vitamin B1: 0.46mg (30.79%), Vitamin C: 23.99mg (29.08%), Phosphorus: 285.99mg (28.6%), Vitamin B2: 0.46mg (27.08%), Potassium: 867.36mg (24.78%), Folate: 93.09µg (23.27%), Iron:

4.14mg (23%), Calcium: 228.85mg (22.89%), Vitamin B3: 4.01mg (20.07%), Magnesium: 78.31mg (19.58%), Vitamin B6: 0.35mg (17.55%), Vitamin K: 15.77µg (15.02%), Copper: 0.26mg (13.21%), Zinc: 1.77mg (11.8%), Vitamin B12: 0.66µg (10.98%), Vitamin B5: 0.93mg (9.27%), Vitamin D: 1.34µg (8.95%), Selenium: 5.69µg (8.13%), Vitamin E: 0.82mg (5.46%)