



Veggie Lovers' Pot Pie

READY IN



55 min.

SERVINGS



8

CALORIES



239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 lb broccoli frozen thawed drained well
- ☐ 3 tablespoons butter
- ☐ 8 oz regular crescent rolls refrigerated canned (8 rolls)
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup milk
- ☐ 1 cup onion chopped
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 0.3 teaspoon pepper
- ☐ 1 lb baking potatoes peeled cut into 1/2-inch pieces (2 1/2 cups)

- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon thyme leaves dried
- ☐ 14 oz vegetable stock canned

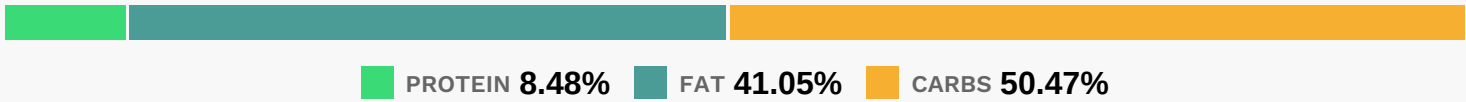
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375F. Spray 9- or 10-inch glass deep dish pie plate with cooking spray. In 12-inch nonstick skillet, melt butter over medium-high heat.
- ☐ Add potato, onion, thyme, salt and pepper; cook and stir 10 to 12 minutes until potatoes are lightly browned.
- ☐ Sprinkle flour over potato mixture. Cook and stir 1 minute. Stir in broth; heat to boiling. Reduce heat; cover and simmer about 8 minutes, stirring occasionally, until potatoes are almost tender.
- ☐ Remove from heat. Stir in thawed vegetables, milk and cheese. Spoon mixture into pie plate.
- ☐ Separate dough into 8 triangles. Starting at short side of each triangle, roll up triangle halfway. Carefully arrange over vegetable mixture with tips toward center; do not overlap.
- ☐ Place pie plate on cookie sheet with sides.
- ☐ Bake 20 to 25 minutes or until crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:47.34, Glycemic Load:11.8, Inflammation Score:-8, Nutrition Score:12.495217598003%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 4.58mg, Kaempferol: 4.58mg, Kaempferol: 4.58mg, Kaempferol: 4.58mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg

Nutrients (% of daily need)

Calories: 238.62kcal (11.93%), Fat: 11.41g (17.55%), Saturated Fat: 3.96g (24.73%), Carbohydrates: 31.57g (10.52%), Net Carbohydrates: 28.86g (10.5%), Sugar: 5.8g (6.44%), Cholesterol: 2.55mg (0.85%), Sodium: 674.01mg (29.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.6%), Vitamin C: 55.7mg (67.51%), Vitamin K: 59.1µg (56.29%), Vitamin B6: 0.33mg (16.41%), Vitamin A: 688.46IU (13.77%), Manganese: 0.28mg (13.75%), Folate: 54.89µg (13.72%), Potassium: 468.46mg (13.38%), Fiber: 2.71g (10.83%), Phosphorus: 99.78mg (9.98%), Vitamin B1: 0.13mg (8.81%), Iron: 1.54mg (8.56%), Vitamin B2: 0.13mg (7.65%), Magnesium: 30.05mg (7.51%), Calcium: 68.11mg (6.81%), Vitamin B3: 1.22mg (6.09%), Vitamin B5: 0.58mg (5.78%), Selenium: 3.87µg (5.53%), Copper: 0.1mg (5.14%), Vitamin E: 0.63mg (4.21%), Zinc: 0.58mg (3.84%), Vitamin B12: 0.07µg (1.2%)