



 **14%**
HEALTH SCORE

Veggie Lovers Pot Pie

READY IN



55 min.

SERVINGS



8

CALORIES



329 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce broccoli frozen thawed drained well
- 3 tablespoons butter
- 8 ounce regular crescent rolls refrigerated pillsbury® canned
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- 0.3 cup flour all-purpose
- 0.3 cup milk
- 1 large onion chopped
- 3 tablespoons parmesan cheese grated
- 0.3 teaspoon pepper

- 1 large baking potatoes peeled cut into 1/2-inch pieces
- 0.5 teaspoon salt
- 1 teaspoon thyme leaves dried
- 14 ounce vegetable stock canned

Equipment

- frying pan
- baking sheet
- oven

Directions

- Heat oven to 375 degrees F. 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



PROTEIN 7.01% **FAT 45.61%** **CARBS 47.38%**

Properties

Glycemic Index:47.34, Glycemic Load:10.27, Inflammation Score:-8, Nutrition Score:12.114347639291%

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: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 4.57mg, Kaempferol: 4.57mg, Kaempferol: 4.57mg, Kaempferol: 4.57mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 328.99kcal (16.45%), Fat: 17.5g (26.92%), Saturated Fat: 6.5g (40.65%), Carbohydrates: 40.88g (13.63%), Net Carbohydrates: 38.33g (13.94%), Sugar: 8.52g (9.46%), Cholesterol: 2.55mg (0.85%), Sodium: 895.97mg (38.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.11%), Vitamin C: 55mg (66.67%), Vitamin K: 58.91µg (56.1%), Vitamin B6: 0.29mg (14.51%), Vitamin A: 688.33IU (13.77%), Folate: 53.18µg (13.29%), Manganese: 0.26mg (12.84%), Potassium: 422.54mg (12.07%), Fiber: 2.55g (10.2%), Iron: 1.8mg (10.03%), Phosphorus: 93.61mg (9.36%), Vitamin B1: 0.12mg (8.19%), Vitamin B2: 0.13mg (7.42%), Magnesium: 27.49mg (6.87%), Calcium: 66.45mg (6.65%), Vitamin B3: 1.11mg (5.54%), Selenium: 3.82µg (5.46%), Vitamin B5: 0.54mg (5.45%), Copper: 0.09mg (4.57%), Vitamin E: 0.63mg (4.2%), Zinc: 0.54mg (3.62%), Vitamin B12: 0.07µg (1.2%)