

Veggie Pot Pie

READY IN



45 min.

SERVINGS



6

CALORIES



289 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup broccoli finely chopped
- ☐ 1 medium carrots peeled thinly sliced
- ☐ 2 tablespoons parsley fresh minced
- ☐ 1 tablespoon olive oil light
- ☐ 1 medium onion thinly sliced quartered
- ☐ 6 servings pie crust whole prepared
- ☐ 4 medium potatoes
- ☐ 6 servings salt and pepper freshly ground to taste
- ☐ 0.5 cup soy milk low-fat

- ☐ 2 tablespoons unbleached flour white
- ☐ 0.5 cup whole-grain bread crumbs

Equipment

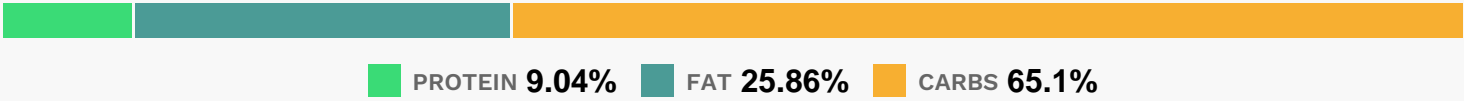
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ microwave

Directions

- ☐ Cook or microwave the potatoes in their skins until done. When cool enough to handle, peel. Dice two and mash the other two. Set aside.
- ☐ Preheat the oven to 350° F.
- ☐ Heat 1 tablespoon of the oil in a large skillet.
- ☐ Add the onion and carrot and sauté over medium heat until golden.
- ☐ Add the broccoli along with a small amount of water. Cover and cook until the broccoli is tender but not overdone, 3 to 4 minutes.
- ☐ Sprinkle the flour into the skillet, then pour in the milk, stirring constantly. Cook until the liquid thickens a bit, 1 to 2 minutes. Stir in the diced and mashed potatoes.
- ☐ Heat through gently. Stir in the parsley, if using, and season with salt and pepper.
- ☐ Pour the mixture into the pie crust and pat in.
- ☐ Place the bread crumbs in a small mixing bowl.
- ☐ Drizzle with the remaining oil and stir until the crumbs are evenly moistened.
- ☐ Sprinkle evenly over the pie.
- ☐ Bake for 35 to 40 minutes, or until the crust is golden.
- ☐ Let the pie stand for about 10 minutes, then cut into wedges and serve.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ The Vegetarian Family Cookbook by Nava Atlas. Copyright (c) 2004 by Nava Atlas. Published by Broadway Books. Nava Atlas is the author of nine cookbooks, including The Vegetarian

Family Cookbook, The Vegetarian 5-Ingredient Gourmet, and Vegetarian Soups for All Seasons. She lives in the Hudson Valley region of New York with her husband and two teenage sons (all vegans).

Nutrition Facts



Properties

Glycemic Index:48.1, Glycemic Load:20.24, Inflammation Score:-9, Nutrition Score:15.464782839236%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 2.45mg, Kaempferol: 2.45mg, Kaempferol: 2.45mg, Kaempferol: 2.45mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg

Nutrients (% of daily need)

Calories: 288.98kcal (14.45%), Fat: 8.64g (13.29%), Saturated Fat: 2.24g (14%), Carbohydrates: 48.92g (16.31%), Net Carbohydrates: 43.28g (15.74%), Sugar: 3.91g (4.34%), Cholesterol: 0.98mg (0.33%), Sodium: 358.32mg (15.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.79g (13.58%), Vitamin C: 46.59mg (56.47%), Vitamin K: 43.92µg (41.83%), Vitamin A: 1944.15IU (38.88%), Vitamin B6: 0.51mg (25.26%), Fiber: 5.64g (22.54%), Potassium: 765.3mg (21.87%), Manganese: 0.4mg (20.16%), Iron: 2.59mg (14.37%), Vitamin B1: 0.21mg (14.13%), Folate: 55.49µg (13.87%), Phosphorus: 138.25mg (13.82%), Vitamin B3: 2.35mg (11.75%), Magnesium: 45.64mg (11.41%), Copper: 0.2mg (9.75%), Vitamin B2: 0.14mg (8.23%), Vitamin B5: 0.73mg (7.28%), Calcium: 62.68mg (6.27%), Selenium: 3.51µg (5.02%), Zinc: 0.74mg (4.96%), Vitamin E: 0.66mg (4.38%), Vitamin B12: 0.12µg (2%), Vitamin D: 0.22µg (1.44%)