



## VELVEETA® Easy Cheesy Pot Pie

 Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 Tbsp butter
- 2 Tbsp flour
- 1 lb ground beef lean
- 0.3 cup onions chopped
- 10 oz peas-carrots mix shopping list frozen thawed drained
- 8 oz crescent dinner rolls refrigerated canned
- 6 oz velveeta cut into 1/2-inch cubes
- 1 cup water

- 1 cup potatoes white cooked chopped

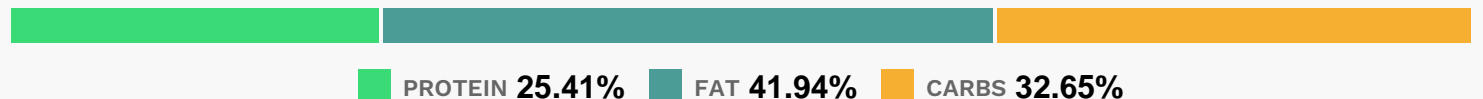
## Equipment

- frying pan
- sauce pan
- oven
- whisk
- baking pan

## Directions

- Heat oven to 375F.
- Brown meat in large skillet on medium heat; drain. Return meat to skillet.
- Add onions; cook 2 to 3 min. until crisp-tender, stirring occasionally.
- Add next 3 ingredients; mix well. Spoon into 13x9-inch baking dish.
- Melt butter in small saucepan on low heat.
- Add flour; whisk until blended. Cook 2 min. or until hot and bubbly, stirring constantly. Gradually stir in water; cook and stir on medium heat until mixture boils and thickens. Simmer on low heat 5 min., stirring occasionally.
- Pour over meat mixture.
- Unroll crescent dough; separate into 4 rectangles. Firmly press perforations and seams together to seal.
- Place over meat mixture; seal edges to rim of dish with fork.
- Bake 20 to 25 min. or until meat mixture is heated through and crust is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:4.13, Glycemic Load:0.87, Inflammation Score:-4, Nutrition Score:2.5713043449366%

## Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## **Nutrients (% of daily need)**

Calories: 53.27kcal (2.66%), Fat: 2.53g (3.89%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 4.43g (1.48%), Net Carbohydrates: 4.07g (1.48%), Sugar: 0.9g (1.01%), Cholesterol: 7.84mg (2.61%), Sodium: 117.63mg (5.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.89%), Vitamin A: 657.8IU (13.16%), Phosphorus: 66.2mg (6.62%), Zinc: 0.66mg (4.4%), Vitamin B12: 0.23µg (3.77%), Vitamin B3: 0.72mg (3.6%), Vitamin B6: 0.06mg (3.13%), Vitamin B2: 0.05mg (2.92%), Selenium: 1.96µg (2.8%), Calcium: 25.53mg (2.55%), Iron: 0.44mg (2.42%), Potassium: 84.19mg (2.41%), Vitamin C: 1.81mg (2.2%), Vitamin B1: 0.02mg (1.56%), Fiber: 0.35g (1.42%), Manganese: 0.03mg (1.36%), Magnesium: 4.79mg (1.2%), Folate: 4.4µg (1.1%), Copper: 0.02mg (1.04%)