



Wild Rice and Mushroom Pot Pie

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 oz cream of mushroom soup fat-free 98% canned
- 15 oz rice wild cooked canned (2 cups)
- 1 eggs
- 12 oz savory vegetable mixed frozen
- 2 cloves garlic finely chopped
- 1 lb ground beef 80% lean (at least)
- 0.3 cup milk
- 0.8 cup milk

- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 8 oz mushrooms fresh white chopped
- 0.3 cup onion yellow chopped
- 1.5 cups frangelico
- 1.5 cups frangelico

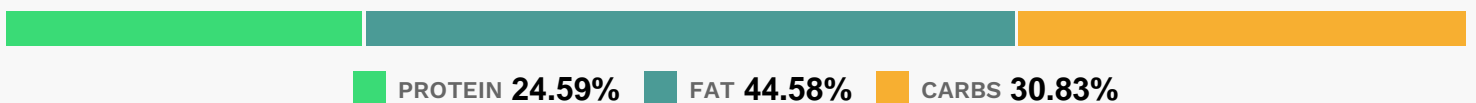
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 400F.
- Heat 12-inch nonstick skillet over medium-high heat. Cook beef, onion and mushrooms in skillet 7 to 9 minutes, stirring occasionally, until beef is thoroughly cooked and liquid is absorbed.
- Add garlic; cook and stir 30 seconds.
- Remove from heat.
- Reserve 1/2 cup wild rice; set aside.
- Add remaining wild rice, the frozen vegetables, soup, 1/4 cup milk, the salt and pepper to beef mixture; stir to combine. Spoon into ungreased 2-quart casserole.
- In medium bowl, mix topping ingredients and reserved 1/2 cup wild rice with fork.
- Pour over beef mixture.
- Bake uncovered 28 to 32 minutes or until crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:40.33, Glycemic Load:3.65, Inflammation Score:-9, Nutrition Score:20.25086953329%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 378.44kcal (18.92%), Fat: 19.02g (29.26%), Saturated Fat: 7.51g (46.94%), Carbohydrates: 29.59g (9.86%), Net Carbohydrates: 25.41g (9.24%), Sugar: 3.54g (3.94%), Cholesterol: 88.37mg (29.46%), Sodium: 661.55mg (28.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.6g (47.21%), Vitamin A: 2987.46IU (59.75%), Zinc: 5.41mg (36.04%), Vitamin B3: 6.7mg (33.52%), Vitamin B12: 2µg (33.32%), Phosphorus: 317.44mg (31.74%), Vitamin B2: 0.5mg (29.23%), Manganese: 0.56mg (27.8%), Selenium: 18.85µg (26.93%), Vitamin B6: 0.51mg (25.59%), Copper: 0.42mg (20.95%), Potassium: 666.11mg (19.03%), Iron: 3.14mg (17.47%), Fiber: 4.18g (16.71%), Magnesium: 62.92mg (15.73%), Vitamin B5: 1.52mg (15.23%), Vitamin B1: 0.21mg (14.01%), Folate: 54.9µg (13.73%), Calcium: 91.03mg (9.1%), Vitamin C: 7.5mg (9.09%), Vitamin D: 0.75µg (4.97%), Vitamin E: 0.58mg (3.89%), Vitamin K: 2.04µg (1.94%)