



## Winter Warm-Up Beef Pot Pie

 Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 cups baking potatoes cubed peeled ( )
- 0.8 lb beef top sirloin steaks boneless cut into 1/2-inch cubes
- 12 oz brown gravy mix
- 0.8 cup carrots (1x)
- 2 tablespoons cornstarch
- 1 egg yolk
- 4.5 oz mushrooms whole drained
- 2 small onion cut into thin wedges

- 0.5 cup peas sweet frozen
- 0.3 teaspoon pepper
- 1 box pie crust dough refrigerated softened
- 0.5 teaspoon salt
- 1 teaspoon sesame seed
- 0.5 teaspoon thyme leaves dried
- 2 teaspoons water

## Equipment

- bowl
- frying pan
- oven
- aluminum foil
- pie form

## Directions

- Heat oven to 425F. Prepare pie crusts as directed on package for two-crust pie using 9-inch glass pie pan.
- In large nonstick skillet, cook beef and onions over medium-high heat for 4 to 6 minutes or until beef is browned, stirring frequently. Stir in potatoes, carrot, peas and mushrooms.
- In small bowl, combine gravy, cornstarch, thyme, salt and pepper; mix well. Stir into beef mixture; cook until thoroughly heated.
- Pour mixture into crust-lined pan. Top with second crust; seal edges and flute.
- Cut small slits in several places in top crust.
- In another small bowl, combine egg yolk and water; blend well.
- Brush top crust with egg mixture; sprinkle with sesame seed.
- Bake at 425F. for 30 to 40 minutes or until crust is golden brown and filling is bubbly. Cover edge of crust with strips of foil after first 15 to 20 minutes of baking to prevent excessive browning. Cool 10 minutes before serving.

## Nutrition Facts

PROTEIN 16.49% FAT 40.31% CARBS 43.2%

## Properties

Glycemic Index:57.82, Glycemic Load:6.97, Inflammation Score:-9, Nutrition Score:18.541304417278%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

## Nutrients (% of daily need)

Calories: 482.58kcal (24.13%), Fat: 21.53g (33.12%), Saturated Fat: 6.54g (40.85%), Carbohydrates: 51.89g (17.3%), Net Carbohydrates: 47.88g (17.41%), Sugar: 5.03g (5.59%), Cholesterol: 65.85mg (21.95%), Sodium: 832.5mg (36.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.81g (39.63%), Vitamin A: 2818.57IU (56.37%), Selenium: 25.61µg (36.59%), Vitamin B3: 7.08mg (35.4%), Vitamin B6: 0.63mg (31.27%), Manganese: 0.5mg (24.88%), Phosphorus: 246.41mg (24.64%), Vitamin B1: 0.34mg (22.36%), Zinc: 3.12mg (20.78%), Folate: 83.02µg (20.76%), Iron: 3.53mg (19.62%), Vitamin B2: 0.33mg (19.31%), Potassium: 612.89mg (17.51%), Fiber: 4.01g (16.03%), Copper: 0.26mg (12.86%), Vitamin C: 10.35mg (12.55%), Vitamin B5: 1.25mg (12.49%), Vitamin K: 11.52µg (10.98%), Magnesium: 43.65mg (10.91%), Vitamin B12: 0.6µg (10%), Calcium: 52.71mg (5.27%), Vitamin E: 0.68mg (4.51%), Vitamin D: 0.2µg (1.36%)