



## Asparagus and Turkey Pie

READY IN



70 min.

SERVINGS



6

CALORIES



310 kcal

### Ingredients

- 9 oz asparagus frozen thawed drained
- 3 tablespoons butter
- 3 tablespoons wine dry white
- 2 tablespoons flour all-purpose
- 0.5 cup mushrooms fresh sliced
- 1 cup half and half
- 0.3 cup onion chopped
- 0.1 teaspoon pepper
- 8 oz regular crescent rolls refrigerated canned
- 0.3 teaspoon salt

2 cups turkey cubed cooked

## Equipment

sauce pan

oven

## Directions

Heat oven to 350F. In 2-quart saucepan, melt butter over medium heat. Cook onion in butter, stirring occasionally, until tender. Stir in flour; cook until mixture is smooth and bubbly. Gradually add half-and-half, salt and pepper.

Heat to boiling, stirring constantly, until thick.

Remove from heat; stir in turkey, asparagus, mushrooms and wine.

Separate dough into 8 triangles.

Place dough in ungreased 9-inch pie plate in spoke pattern, with narrow tips overlapping rim of plate about 3 inches (see photo). Press dough in side and bottom to form crust. Spoon turkey mixture evenly over dough. Bring tips of dough over filling to meet in center; do not overlap.

Bake 25 to 30 minutes or until golden brown.

Garnish as desired.

## Nutrition Facts

  
■ PROTEIN 14.4% ■ FAT 58.21% ■ CARBS 27.39%

## Properties

Glycemic Index:35.5, Glycemic Load:1.85, Inflammation Score:-6, Nutrition Score:8.8078260421753%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

## Nutrients (% of daily need)

Calories: 310.47kcal (15.52%), Fat: 20.38g (31.35%), Saturated Fat: 7.92g (49.49%), Carbohydrates: 21.58g (7.19%), Net Carbohydrates: 20.42g (7.42%), Sugar: 6.79g (7.54%), Cholesterol: 37.97mg (12.66%), Sodium: 523.29mg (22.75%), Alcohol: 0.77g (100%), Alcohol %: 0.53% (100%), Protein: 11.34g (22.68%), Vitamin K: 18.35µg (17.47%), Vitamin B3: 3.44mg (17.21%), Selenium: 10.96µg (15.66%), Vitamin B2: 0.25mg (14.68%), Vitamin A: 733.57IU (14.67%), Vitamin B6: 0.28mg (13.96%), Phosphorus: 135.6mg (13.56%), Iron: 1.89mg (10.48%), Folate: 33µg (8.25%), Vitamin B12: 0.49µg (8.18%), Vitamin B1: 0.12mg (7.94%), Potassium: 260.04mg (7.43%), Copper: 0.14mg (7.1%), Zinc: 1.06mg (7.05%), Vitamin B5: 0.65mg (6.51%), Calcium: 62.18mg (6.22%), Manganese: 0.12mg (5.77%), Vitamin E: 0.83mg (5.55%), Magnesium: 21.24mg (5.31%), Fiber: 1.16g (4.66%), Vitamin C: 3.42mg (4.15%)