



Easy Turkey Pot Pie

READY IN



45 min.

SERVINGS



8

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 21.5 oz cream of mushroom soup canned
- ☐ 10.5 oz cream of chicken soup canned
- ☐ 4 cups turkey cooked
- ☐ 12 oz savory vegetable mixed frozen
- ☐ 2 cups baking mix bisquick heart smart®
- ☐ 0.5 teaspoon poultry seasoning
- ☐ 1.5 cups skim milk fat-free (skim)

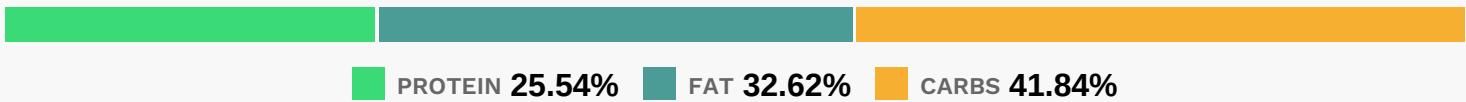
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 375°F (350°F for glass pan). In 4-quart saucepan, heat soup, broth, turkey and vegetables to boiling, stirring constantly. Boil and stir 1 minute.
- ☐ Spread in ungreased 13x9-inch pan.
- ☐ In medium bowl, stir remaining ingredients until blended.
- ☐ Pour evenly over soup mixture (crust will rise during baking).
- ☐ Bake about 30 minutes or until light brown.

Nutrition Facts



Properties

Glycemic Index:15.16, Glycemic Load:3.7, Inflammation Score:-9, Nutrition Score:16.54043490472%

Nutrients (% of daily need)

Calories: 321.66kcal (16.08%), Fat: 11.67g (17.95%), Saturated Fat: 3.53g (22.06%), Carbohydrates: 33.67g (11.22%), Net Carbohydrates: 31.17g (11.33%), Sugar: 6.05g (6.72%), Cholesterol: 44.55mg (14.85%), Sodium: 1278.71mg (55.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.55g (41.1%), Vitamin A: 2353.14IU (47.06%), Phosphorus: 374.54mg (37.45%), Vitamin B3: 6.58mg (32.89%), Manganese: 0.48mg (23.78%), Vitamin B2: 0.38mg (22.5%), Vitamin B6: 0.42mg (21%), Selenium: 14.64µg (20.92%), Vitamin B1: 0.29mg (19.62%), Vitamin B12: 1.11µg (18.53%), Copper: 0.33mg (16.3%), Zinc: 2.41mg (16.08%), Folate: 60.48µg (15.12%), Iron: 2.63mg (14.63%), Calcium: 139.94mg (13.99%), Potassium: 442.18mg (12.63%), Vitamin B5: 1.12mg (11.18%), Magnesium: 42.74mg (10.69%), Fiber: 2.5g (9.99%), Vitamin C: 4.56mg (5.53%), Vitamin D: 0.65µg (4.36%), Vitamin K: 4.48µg (4.27%), Vitamin E: 0.29mg (1.91%)