



Easy Turkey Pot Pie (Cooking for 2)

READY IN



40 min.

SERVINGS



3

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup savory vegetable mixed frozen
- ☐ 1 cup turkey cooked
- ☐ 0.5 cup cream of mushroom soup canned
- ☐ 0.3 cup cream of chicken soup canned
- ☐ 0.5 cup baking mix bisquick heart smart®
- ☐ 0.1 teaspoon poultry seasoning
- ☐ 0.3 cup skim milk fat-free (skim)

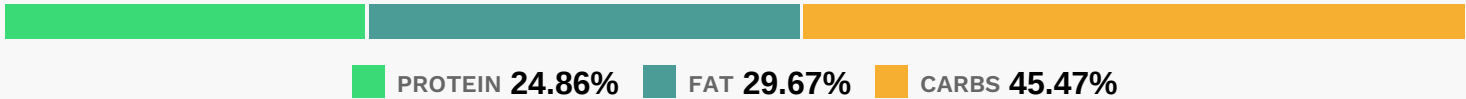
Equipment

- ☐ bowl
- ☐ oven
- ☐ microwave

Directions

- ☐ Heat oven to 400°F. In ungreased 1-quart casserole, stir together vegetables, turkey, soup and broth. Microwave on High 3 minutes; stir.
- ☐ In small bowl, stir remaining ingredients until blended.
- ☐ Pour over turkey mixture (crust will rise during baking).
- ☐ Bake uncovered 20 to 25 minutes or until light brown.

Nutrition Facts



Properties

Glycemic Index:40.42, Glycemic Load:3.67, Inflammation Score:-9, Nutrition Score:13.536086833995%

Nutrients (% of daily need)

Calories: 225.18kcal (11.26%), Fat: 7.51g (11.56%), Saturated Fat: 2.21g (13.83%), Carbohydrates: 25.9g (8.63%), Net Carbohydrates: 22.96g (8.35%), Sugar: 3.84g (4.27%), Cholesterol: 28.85mg (9.62%), Sodium: 777.21mg (33.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.16g (28.33%), Vitamin A: 3195.95IU (63.92%), Phosphorus: 261.39mg (26.14%), Vitamin B3: 4.69mg (23.46%), Manganese: 0.37mg (18.34%), Vitamin B2: 0.27mg (15.94%), Vitamin B1: 0.23mg (15.43%), Vitamin B6: 0.31mg (15.28%), Selenium: 9.75µg (13.93%), Folate: 48.93µg (12.23%), Vitamin B12: 0.71µg (11.79%), Fiber: 2.94g (11.76%), Copper: 0.22mg (11.24%), Iron: 1.96mg (10.9%), Zinc: 1.63mg (10.87%), Potassium: 344.67mg (9.85%), Calcium: 95.99mg (9.6%), Magnesium: 35.08mg (8.77%), Vitamin C: 6.4mg (7.76%), Vitamin B5: 0.76mg (7.62%), Vitamin K: 2.83µg (2.7%), Vitamin D: 0.4µg (2.66%), Vitamin E: 0.17mg (1.14%)