



## Turkey-Biscuit Pot Pie

READY IN



55 min.

SERVINGS



6

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 oz baby carrots
- 2 cups broccoli fresh
- 3 tablespoons butter
- 0.5 cup onion chopped (1 medium)
- 3 tablespoons flour all-purpose
- 2 cups chicken broth (from 32-oz carton)
- 1 tablespoon sage dried fresh chopped
- 2 cups turkey cubed cooked
- 4 slices bacon

- 0.5 cup milk
- 2 oz cheddar cheese shredded
- 1 cup frangelico

## Equipment

- bowl
- paper towels
- sauce pan
- oven
- whisk
- microwave

## Directions

- Heat oven to 400°F. In 2-quart saucepan, heat 1 cup water to boiling.
- Add carrots and broccoli; cook about 4 minutes or until carrots and broccoli are crisp-tender.
- Drain.
- Meanwhile, in 3-quart saucepan, melt butter over medium heat.
- Add onion; cook about 2 minutes, stirring occasionally, until tender. Beat in flour with wire whisk. Gradually beat in broth and sage. Reduce heat to medium-low; cook about 5 minutes, stirring occasionally, until sauce thickens. Stir carrots, broccoli and turkey into sauce. Spoon turkey mixture into ungreased 2-quart casserole.
- Place bacon on microwavable plate; cover with microwavable paper towel. Microwave on High 4 to 6 minutes or until crisp. Crumble bacon; place in medium bowl.
- Add remaining biscuit ingredients; stir just until blended. Spoon biscuit batter around edge of turkey mixture.
- Bake 25 to 30 minutes or until biscuit crust is golden brown.

## Nutrition Facts



PROTEIN 21.36%  FAT 59.6%  CARBS 19.04%

## Properties

Glycemic Index:33.17, Glycemic Load:3.15, Inflammation Score:-10, Nutrition Score:21.629130467125%

## Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

## Nutrients (% of daily need)

Calories: 263.92kcal (13.2%), Fat: 17.64g (27.13%), Saturated Fat: 5.89g (36.82%), Carbohydrates: 12.67g (4.22%), Net Carbohydrates: 9.87g (3.59%), Sugar: 5.14g (5.71%), Cholesterol: 46.99mg (15.66%), Sodium: 614.92mg (26.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.22g (28.44%), Vitamin A: 8405.38IU (168.11%), Copper: 3.16mg (157.99%), Vitamin C: 28.64mg (34.72%), Vitamin K: 35.6µg (33.91%), Selenium: 15.96µg (22.8%), Vitamin B3: 4.06mg (20.29%), Phosphorus: 193.84mg (19.38%), Vitamin B6: 0.39mg (19.28%), Manganese: 0.33mg (16.64%), Vitamin B2: 0.27mg (15.87%), Calcium: 143.55mg (14.35%), Folate: 47.56µg (11.89%), Vitamin B12: 0.71µg (11.84%), Potassium: 412.89mg (11.8%), Fiber: 2.81g (11.23%), Vitamin B1: 0.16mg (10.94%), Zinc: 1.53mg (10.21%), Vitamin B5: 0.91mg (9.06%), Iron: 1.45mg (8.04%), Magnesium: 31.72mg (7.93%), Vitamin E: 0.66mg (4.37%), Vitamin D: 0.44µg (2.92%)