



## Yummy Turkey Pot Pie

READY IN



80 min.

SERVINGS



15

CALORIES



311 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 25.5 ounce just-add-water cornbread mix
- 0.5 cup cornstarch
- 3 eggs
- 9 ounce savory vegetable mixed frozen
- 1 cup milk
- 3 cups potatoes cubed peeled
- 0.3 teaspoon salt
- 3 cups turkey cubed cooked
- 3 cups water

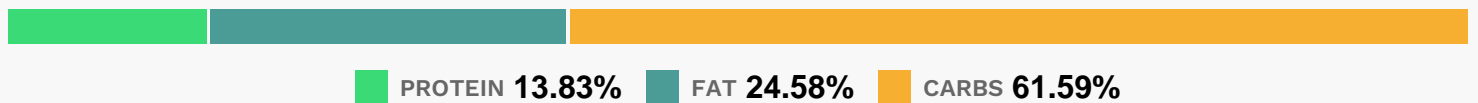
## Equipment

- bowl
- sauce pan
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large saucepan, bring the water with salt to a boil, and cook the potatoes until tender, about 20 minutes; stir the turkey and mixed vegetables into the boiling water, and bring the mixture back to a boil over medium heat.
- Mix cornstarch and 2 cups of milk together in a bowl until thoroughly combined, and stir the milk mixture into the saucepan with the turkey and vegetables. Bring to a simmer, stirring constantly, and cook until the mixture thickens, about 5 minutes.
- Pour the turkey mixture into a 9x13-inch baking dish.
- Place the corn bread mix into a bowl, and beat eggs and 1 cup of milk into the mix.
- Spread the batter over the turkey and gravy mixture.
- Bake in the preheated oven until the corn bread topping is golden brown, about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:11.12, Glycemic Load:6.38, Inflammation Score:-7, Nutrition Score:11.788261014482%

## Flavonoids

Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

## Nutrients (% of daily need)

Calories: 311.31kcal (15.57%), Fat: 8.49g (13.06%), Saturated Fat: 2.39g (14.91%), Carbohydrates: 47.84g (15.95%), Net Carbohydrates: 43.06g (15.66%), Sugar: 10.96g (12.17%), Cholesterol: 49.97mg (16.66%), Sodium: 486.71mg

(21.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.74g (21.49%), Phosphorus: 340.43mg (34.04%), Vitamin A: 1005.02IU (20.1%), Fiber: 4.78g (19.1%), Vitamin B3: 3.81mg (19.04%), Vitamin B1: 0.28mg (18.82%), Vitamin B6: 0.35mg (17.29%), Folate: 62µg (15.5%), Vitamin B2: 0.26mg (15.2%), Selenium: 10.26µg (14.65%), Manganese: 0.27mg (13.27%), Vitamin C: 10.09mg (12.23%), Iron: 2.04mg (11.33%), Potassium: 348.55mg (9.96%), Magnesium: 33.89mg (8.47%), Vitamin B12: 0.45µg (7.53%), Vitamin B5: 0.74mg (7.4%), Zinc: 1.01mg (6.76%), Copper: 0.13mg (6.68%), Calcium: 65.41mg (6.54%), Vitamin K: 3.28µg (3.13%), Vitamin D: 0.41µg (2.76%), Vitamin E: 0.2mg (1.33%)