



Green Chile-Turkey Pot Pie

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 9 ounce chiles green undrained chopped canned
- ☐ 32 ounce pinto beans rinsed drained canned
- ☐ 14 ounce chicken broth canned
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup flour all-purpose
- ☐ 1.5 cups green onions chopped
- ☐ 1.5 teaspoons ground cumin

- ☐ 0.7 cup milk
- ☐ 2.3 ounce olives ripe drained sliced canned
- ☐ 8 ounces mexican four-cheese blend shredded with sargento)
- ☐ 2 cups turkey breast cooked chopped
- ☐ 3 tablespoons vegetable oil

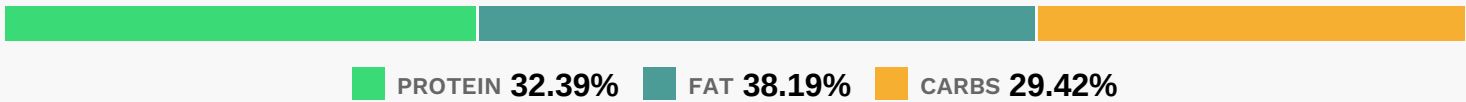
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Saut green onions in oil in a Dutch oven over medium heat 1 minute.
- ☐ Add green chiles and next 3 ingredients; cook 2 minutes, stirring constantly. Stir in beans and broth; bring to a boil. Reduce heat, and simmer, stirring constantly, 5 to 7 minutes or until mixture is thickened. Stir in turkey.
- ☐ Pour into a greased 13" x 9" baking dish.
- ☐ Combine 1 cup flour and baking powder in a small bowl.
- ☐ Add cheese, milk, and egg, stirring just until blended.
- ☐ Spread biscuit topping over filling, leaving a 1" border around edge.
- ☐ Bake, uncovered, at 375 for 30 minutes or until topping is golden and pot pie is bubbly.

Nutrition Facts



Properties

Glycemic Index:60.33, Glycemic Load:22.7, Inflammation Score:-8, Nutrition Score:34.022608757019%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 679.17kcal (33.96%), Fat: 28.9g (44.46%), Saturated Fat: 10.4g (65.03%), Carbohydrates: 50.1g (16.7%), Net Carbohydrates: 40.67g (14.79%), Sugar: 4.1g (4.56%), Cholesterol: 145.82mg (48.61%), Sodium: 1584.11mg (68.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.15g (110.3%), Phosphorus: 702.75mg (70.28%), Selenium: 48.05µg (68.64%), Vitamin K: 70.26µg (66.91%), Vitamin B3: 11.88mg (59.4%), Vitamin B6: 0.99mg (49.29%), Calcium: 484.63mg (48.46%), Fiber: 9.44g (37.75%), Manganese: 0.73mg (36.62%), Iron: 6.52mg (36.2%), Zinc: 5.23mg (34.86%), Folate: 138.95µg (34.74%), Vitamin B2: 0.56mg (33.19%), Vitamin B12: 1.84µg (30.73%), Magnesium: 111.58mg (27.9%), Potassium: 952.18mg (27.21%), Vitamin C: 20.34mg (24.65%), Vitamin B1: 0.36mg (23.98%), Copper: 0.41mg (20.51%), Vitamin A: 821.83IU (16.44%), Vitamin E: 2.45mg (16.32%), Vitamin B5: 1.31mg (13.11%), Vitamin D: 0.8µg (5.33%)