



## Harvest Turkey Pot Pie

 Dairy Free

READY IN



50 min.

SERVINGS



5

CALORIES



747 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 cups apples chopped
- 1 cup celery stalks sliced
- 1 cup quick-cooking brown rice instant uncooked
- 1 cup onion chopped
- 1 box pie crust dough refrigerated softened
- 0.5 teaspoon sage dried
- 0.5 teaspoon salt
- 3 cups turkey cooked

- 12 oz campbell's turkey gravy
- 1 tablespoon vegetable oil
- 16 oz roasted cranberry sauce whole canned

## Equipment

- frying pan
- oven

## Directions

- Heat oven to 400F. Spray 2-quart round casserole with cooking spray. Cook rice as directed on package.
- Spread rice in bottom and 1 inch up side of casserole.
- In 12-inch nonstick skillet, heat oil over medium-high heat.
- Add celery and onion; cook and stir 5 minutes. Stir in apple; cook and stir 3 minutes. Stir in turkey, gravy, salt and sage. Cook and stir about 3 minutes or until thoroughly heated. Spoon turkey mixture over rice in casserole.
- Unroll pie crust over hot turkey mixture. Fold excess crust under and press to form thick crust edge; flute.
- Cut slits in several places in crust.
- Bake about 25 minutes or until crust is golden and filling is bubbly.
- Serve with cranberry sauce.

## Nutrition Facts



**PROTEIN 11.57%** **FAT 34.16%** **CARBS 54.27%**

## Properties

Glycemic Index:18.2, Glycemic Load:2.12, Inflammation Score:-6, Nutrition Score:18.137825831123%

## Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin:

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## Nutrients (% of daily need)

Calories: 747.33kcal (37.37%), Fat: 28.53g (43.89%), Saturated Fat: 8.46g (52.88%), Carbohydrates: 101.96g (33.99%), Net Carbohydrates: 96.85g (35.22%), Sugar: 35.57g (39.52%), Cholesterol: 42.94mg (14.31%), Sodium: 962.24mg (41.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.74g (43.49%), Vitamin B3: 8.14mg (40.71%), Copper: 0.8mg (39.8%), Selenium: 24.27µg (34.67%), Manganese: 0.68mg (34.02%), Folate: 122.86µg (30.71%), Vitamin B1: 0.45mg (29.83%), Vitamin B6: 0.5mg (24.98%), Iron: 4.23mg (23.48%), Phosphorus: 208.99mg (20.9%), Fiber: 5.1g (20.42%), Vitamin K: 19µg (18.1%), Vitamin B2: 0.3mg (17.67%), Vitamin B12: 0.73µg (12.13%), Zinc: 1.79mg (11.97%), Potassium: 381.5mg (10.9%), Vitamin E: 1.62mg (10.82%), Vitamin B5: 0.99mg (9.94%), Magnesium: 38.78mg (9.69%), Vitamin C: 5.63mg (6.82%), Calcium: 47.41mg (4.74%), Vitamin A: 183.89IU (3.68%), Vitamin D: 0.18µg (1.19%)