



Impossibly Easy Turkey Ranch Pie

 Gluten Free

READY IN



53 min.

SERVINGS



6

CALORIES



158 kcal

Ingredients

- ☐ 1.5 cups turkey cooked
- ☐ 1.5 cups savory vegetable mixed frozen
- ☐ 2 ounces monterrey jack cheese shredded
- ☐ 1 ounce ranch seasoning
- ☐ 1 cup milk
- ☐ 2 eggs
- ☐ 0.5 cup frangelico

Equipment

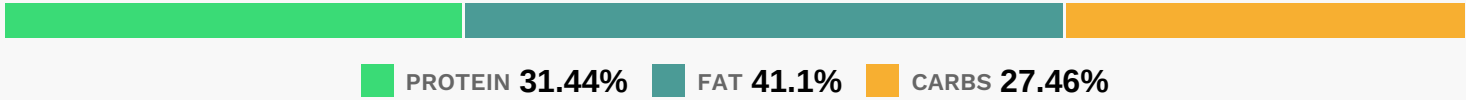
- ☐ oven

☐ knife

Directions

- ☐ Heat oven to 400°F. Grease 9-inch pie plate.
- ☐ Place turkey and mixed vegetables in pie plate.
- ☐ Sprinkle with cheese.
- ☐ Stir remaining ingredients until blended.
- ☐ Pour into pie plate.
- ☐ Bake 33 to 38 minutes or until knife inserted in center comes out clean. Cool 5 minutes.

Nutrition Facts



Properties

Glycemic Index:18.33, Glycemic Load:2.68, Inflammation Score:-9, Nutrition Score:9.984347815099%

Nutrients (% of daily need)

Calories: 157.91kcal (7.9%), Fat: 7.2g (11.07%), Saturated Fat: 3.43g (21.43%), Carbohydrates: 10.82g (3.61%), Net Carbohydrates: 9g (3.27%), Sugar: 2.07g (2.3%), Cholesterol: 85.74mg (28.58%), Sodium: 496.57mg (21.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.39g (24.78%), Vitamin A: 2542.16IU (50.84%), Phosphorus: 184.39mg (18.44%), Selenium: 12.12µg (17.32%), Vitamin B2: 0.24mg (14.39%), Calcium: 142.84mg (14.28%), Vitamin B3: 2.53mg (12.64%), Vitamin B6: 0.25mg (12.49%), Vitamin B12: 0.73µg (12.2%), Zinc: 1.29mg (8.58%), Fiber: 1.82g (7.28%), Potassium: 241.02mg (6.89%), Vitamin B5: 0.67mg (6.72%), Magnesium: 26.32mg (6.58%), Vitamin B1: 0.1mg (6.5%), Manganese: 0.12mg (6.04%), Folate: 23.53µg (5.88%), Vitamin D: 0.87µg (5.81%), Vitamin C: 4.73mg (5.74%), Iron: 0.97mg (5.39%), Copper: 0.08mg (3.77%), Vitamin E: 0.22mg (1.48%)