



## Individual Turkey Potpies

READY IN



70 min.

SERVINGS



6

CALORIES



618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup butter cubed
- 1 tablespoon capers drained
- 0.8 cup carrots fresh sliced
- 0.5 cup celery chopped
- 1 cup chicken broth
- 3 tablespoons dijon mustard
- 0.5 teaspoon marjoram dried
- 1 eggs
- 6 tablespoons flour all-purpose

- 0.5 cup peas fresh
- 0.5 teaspoon rosemary leaves dried fresh minced crushed
- 1 teaspoon rosemary leaves dried fresh minced crushed
- 1 teaspoon tarragon dried fresh minced
- 0.5 teaspoon thyme dried fresh minced
- 1 teaspoon thyme dried fresh minced
- 2 garlic clove minced
- 0.3 teaspoon nutmeg
- 0.5 cup cup heavy whipping cream
- 2 cups milk 2%
- 1 tablespoon olive oil
- 1 cup onion chopped
- 2 tablespoons parmesan cheese grated
- 0.1 teaspoon pepper
- 2.5 cups potatoes cubed peeled
- 1 sheet puff pastry frozen thawed
- 0.5 teaspoon rubbed sage
- 0.1 teaspoon salt
- 0.3 teaspoon salt
- 2 cups turkey cubed cooked
- 1 tablespoon water

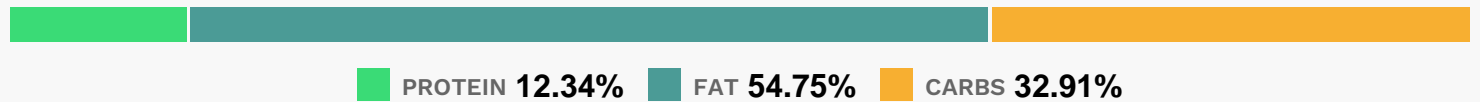
## Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- ramekin

## Directions

- In a large skillet, saute the potatoes, onion, carrots and celery in oil for 8 minutes.
- Add garlic; cook 1 minute longer. Stir in the turkey, peas, thyme, rosemary, salt and pepper; heat through.
- In a large saucepan, melt butter. Stir in flour until smooth; gradually add milk, broth and cream. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Stir in the mustard, capers, herbs, nutmeg, salt, pepper and potato mixture. Divide among six greased 10-oz. ramekins.
- On a lightly floured surface, roll out puff pastry into a 13-in. x 9-in. rectangle.
- Cut into six squares.
- Place one pastry over each ramekin; pressing to seal edges. Beat egg and water; brush over pastry.
- Sprinkle with cheese.
- Place ramekins on a baking sheet.
- Bake, uncovered, at 400 for 20-25 minutes or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:108.15, Glycemic Load:27.1, Inflammation Score:-10, Nutrition Score:23.3786956331%

## Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg

## Nutrients (% of daily need)

Calories: 618.31kcal (30.92%), Fat: 38.02g (58.49%), Saturated Fat: 15.77g (98.57%), Carbohydrates: 51.42g (17.14%), Net Carbohydrates: 46.41g (16.88%), Sugar: 8.62g (9.58%), Cholesterol: 102.41mg (34.14%), Sodium: 717.15mg (31.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.28g (38.56%), Vitamin A: 3520.35IU (70.41%), Selenium: 28.53µg (40.76%), Manganese: 0.64mg (32.04%), Vitamin B2: 0.54mg (31.83%), Vitamin C: 26.23mg

(31.8%), Vitamin B3: 6.35mg (31.74%), Vitamin B6: 0.63mg (31.4%), Phosphorus: 295.91mg (29.59%), Vitamin B1: 0.43mg (28.65%), Folate: 92.05µg (23.01%), Potassium: 797.69mg (22.79%), Vitamin K: 23.86µg (22.72%), Fiber: 5.01g (20.02%), Iron: 3.47mg (19.26%), Calcium: 183.82mg (18.38%), Magnesium: 64.51mg (16.13%), Vitamin B12: 0.96µg (16.08%), Zinc: 2.08mg (13.87%), Copper: 0.26mg (12.9%), Vitamin B5: 1.16mg (11.62%), Vitamin E: 1.33mg (8.9%), Vitamin D: 0.57µg (3.81%)