



Rustic Turkey and Vegetable Pie

 Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



1468 kcal

Ingredients

- 1 pound ground meat turkey dark
- 1 cup carrots peeled sliced
- 1 cup celery stalks sliced
- 8 ounces crimini mushrooms sliced
- 0.3 cup wine dry white
- 1.5 tablespoons flour all-purpose
- 2 cloves garlic finely sliced
- 2 servings pepper black freshly ground
- 2 cups chicken broth low-sodium homemade store-bought

- 2 servings milk for brushing
- 2 tablespoons olive oil
- 1 sheet puff pastry frozen cold thawed
- 1 leaves thyme leaves
- 2 teaspoon worcestershire sauce
- 1 cup onion yellow sliced

Equipment

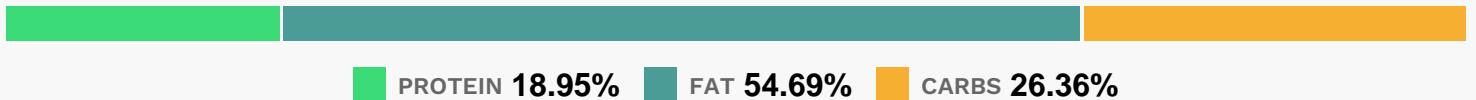
- bowl
- frying pan
- oven
- baking pan
- casserole dish

Directions

- Adjust oven rack to middle position and preheat the oven to 400°F.
- Heat 1 tablespoon olive oil in a large sauté pan over medium-high heat until shimmering.
- Add carrots, celery, onions, and garlic. Season with salt and pepper .Cook, stirring occasionally, until vegetables are softened but not browned, about 6 minutes total.
- Transfer to a bowl and set aside.
- Heat remaining tablespoon olive oil in now-empty skillet over medium high heat until shimmering.
- Add turkey, season with salt and pepper and cook, stirring occasionally, until the pan is dry and the turkey begins to brown, about 8 minutes.
- Add the raw mushrooms and return vegetables to the pan the cooked vegetables. Stir in the flour to coat everything in the pan.
- Add the white wine, chicken stock, Worcestershire sauce, and thyme. Cook, stirring occasionally, until thickened, about 5 minutes.
- Transfer to a casserole dish that just fits it, about 1 1/2 quarts.

- Brush the sides of the dish with milk, and drape the pastry tightly across, pressing gently into the milked sides (this will help the pastry stick).
- Cut a slit for the steam to escape in the center of the pastry, and then brush all the pastry lightly with milk.
- Place the pie on a rimmed baking dish to catch any spills, and bake until the pastry is puffed and golden, 20 to 25 minutes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:198.42, Glycemic Load:41.68, Inflammation Score:-10, Nutrition Score:57.652608456819%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 16.64mg, Quercetin: 16.64mg, Quercetin: 16.64mg, Quercetin: 16.64mg

Nutrients (% of daily need)

Calories: 1468.27kcal (73.41%), Fat: 89.33g (137.42%), Saturated Fat: 23.73g (148.33%), Carbohydrates: 96.86g (32.29%), Net Carbohydrates: 90.07g (32.75%), Sugar: 22.94g (25.48%), Cholesterol: 197.11mg (65.7%), Sodium: 800.07mg (34.79%), Alcohol: 3.09g (100%), Alcohol %: 0.33% (100%), Protein: 69.63g (139.27%), Vitamin A: 11511.56IU (230.23%), Selenium: 109.92µg (157.03%), Vitamin B3: 26.51mg (132.56%), Vitamin B2: 1.86mg (109.58%), Phosphorus: 1042.61mg (104.26%), Vitamin B12: 4.39µg (73.14%), Vitamin B6: 1.4mg (69.75%), Vitamin B1: 1.03mg (68.65%), Zinc: 9.36mg (62.39%), Potassium: 2179.55mg (62.27%), Copper: 1.18mg (59.21%), Manganese: 1.18mg (58.92%), Vitamin B5: 5.34mg (53.36%), Vitamin K: 52.86µg (50.34%), Folate: 196.72µg (49.18%), Calcium: 467.57mg (46.76%), Iron: 8.09mg (44.92%), Magnesium: 137.05mg (34.26%), Fiber: 6.79g (27.15%), Vitamin D: 3.7µg (24.7%), Vitamin E: 3.65mg (24.31%), Vitamin C: 13.78mg (16.7%)