



Thanksgiving Dinner Pie

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



305 kcal

Ingredients

- 1 lb pd of ground turkey
- 0.5 cup onion chopped
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 24 oz potatoes refrigerated mashed
- 2 teaspoons horseradish prepared
- 1 cup provolone cheese shredded
- 1 cup milk
- 2 eggs

- 0.3 cup parsley fresh italian chopped (flat-leaf)
- 14 oz roasted cranberry sauce whole canned
- 1 sprigs parsley fresh
- 0.5 cup frangelico

Equipment

- bowl
- frying pan
- oven
- knife
- microwave

Directions

- Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray. In 12-inch skillet, cook turkey, onion, salt and pepper over medium-high heat 6 to 8 minutes or until turkey is no longer pink.
- Remove from heat.
- Sprinkle turkey mixture in pie plate.
- Meanwhile, cook mashed potatoes in microwave as directed on package. In small bowl, mix 2 cups of the potatoes and the horseradish. (Reserve remaining potatoes for a later use.)
- Spread potatoes evenly over turkey mixture.
- Sprinkle with cheese.
- In small bowl, stir Bisquick mix, milk, eggs and parsley until blended.
- Pour over cheese.
- Bake 28 to 32 minutes or until knife inserted in center comes out clean.
- Let stand 5 minutes before serving. Top each serving with cranberry sauce.
- Garnish with parsley sprigs.

Nutrition Facts



■ PROTEIN 28.74% ■ FAT 22.31% ■ CARBS 48.95%

Properties

Glycemic Index:38.34, Glycemic Load:11.79, Inflammation Score:-6, Nutrition Score:16.126086898472%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 1.64mg, Myricetin: 1.64mg, Myricetin: 1.64mg, Myricetin: 1.64mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 305.45kcal (15.27%), Fat: 7.71g (11.86%), Saturated Fat: 4.04g (25.28%), Carbohydrates: 38.04g (12.68%), Net Carbohydrates: 35.31g (12.84%), Sugar: 18.58g (20.65%), Cholesterol: 87.15mg (29.05%), Sodium: 335.8mg (14.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.34g (44.67%), Vitamin B6: 0.81mg (40.41%), Vitamin K: 35.86µg (34.15%), Vitamin B3: 6.56mg (32.8%), Phosphorus: 318.24mg (31.82%), Selenium: 19.43µg (27.75%), Vitamin C: 20.96mg (25.41%), Calcium: 188.21mg (18.82%), Potassium: 653.35mg (18.67%), Vitamin B2: 0.25mg (14.57%), Zinc: 2.11mg (14.07%), Vitamin B12: 0.79µg (13.21%), Magnesium: 49.15mg (12.29%), Vitamin B5: 1.13mg (11.35%), Fiber: 2.73g (10.9%), Manganese: 0.2mg (10.16%), Iron: 1.75mg (9.7%), Vitamin B1: 0.14mg (9.45%), Vitamin A: 460.11IU (9.2%), Copper: 0.16mg (7.98%), Folate: 31.13µg (7.78%), Vitamin D: 0.86µg (5.77%), Vitamin E: 0.7mg (4.64%)