



## Turkey and Veggie Alfredo Pot Pie

READY IN



40 min.

SERVINGS



5

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 oz broccoli frozen
- 1 tablespoon butter
- 0.5 cup onion chopped
- 0.5 cup bell pepper red chopped
- 15 oz alfredo sauce
- 2 cups turkey cubed cooked
- 3 tablespoons basil fresh chopped
- 0.3 teaspoon pepper black freshly ground
- 6 oz biscuits refrigerated canned (5 Count)

2 tablespoons parmesan fresh shredded

## Equipment

oven

baking pan

glass baking pan

## Directions

Heat oven to 375°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. Cook frozen vegetables as directed on bag for minimum time.

Meanwhile, in 10-inch nonstick skillet, melt 1 tablespoon butter over medium heat. Cook onion and bell pepper in butter about 5 minutes, stirring occasionally, until tender. Stir in Alfredo sauce, turkey, cooked vegetables with sauce, basil and black pepper. Cook until mixture is thoroughly heated and bubbly, stirring constantly. Spoon into baking dish.

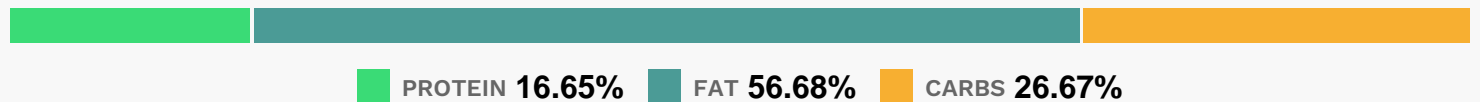
Separate dough into 10 biscuits.

Cut each biscuit in half crosswise. Arrange around edge of baking dish, overlapping slightly.

Sprinkle with Parmesan cheese.

Bake 18 to 20 minutes or until biscuits are golden brown.

## Nutrition Facts



## Properties

Glycemic Index:67, Glycemic Load:11.87, Inflammation Score:-8, Nutrition Score:19.838695748993%

## Flavonoids

Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 5.44mg, Kaempferol: 5.44mg, Kaempferol: 5.44mg, Kaempferol: 5.44mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg

## Nutrients (% of daily need)

Calories: 395.17kcal (19.76%), Fat: 24.91g (38.33%), Saturated Fat: 10.26g (64.15%), Carbohydrates: 26.38g (8.79%), Net Carbohydrates: 23.54g (8.56%), Sugar: 5.05g (5.61%), Cholesterol: 92.14mg (30.71%), Sodium: 1010.41mg (43.93%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 16.46g (32.93%), Vitamin C: 81.16mg (98.38%), Vitamin K: 76.96µg (73.3%), Phosphorus: 287.85mg (28.78%), Selenium: 17.15µg (24.5%), Vitamin B3: 4.79mg (23.96%), Vitamin B6: 0.44mg (21.99%), Vitamin A: 1063.11IU (21.26%), Folate: 80.41µg (20.1%), Manganese: 0.35mg (17.26%), Vitamin B2: 0.28mg (16.36%), Vitamin B1: 0.23mg (15.3%), Potassium: 442.45mg (12.64%), Iron: 2.12mg (11.8%), Fiber: 2.84g (11.36%), Vitamin B12: 0.56µg (9.36%), Vitamin B5: 0.9mg (8.97%), Vitamin E: 1.33mg (8.89%), Magnesium: 35.27mg (8.82%), Zinc: 1.28mg (8.55%), Calcium: 84.66mg (8.47%), Copper: 0.11mg (5.38%)