



Turkey and Veggie Alfredo Pot Pie

 Popular

READY IN



40 min.

SERVINGS



5

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz alfredo sauce
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 12 oz broccoli frozen
- ☐ 1 tablespoon butter
- ☐ 12 oz biscuits refrigerated golden layers® canned (10 biscuits)
- ☐ 3 tablespoons basil fresh chopped
- ☐ 0.5 cup onion chopped
- ☐ 2 tablespoons parmesan fresh shredded

- ☐ 0.5 cup bell pepper red chopped
- ☐ 2 cups turkey cubed cooked

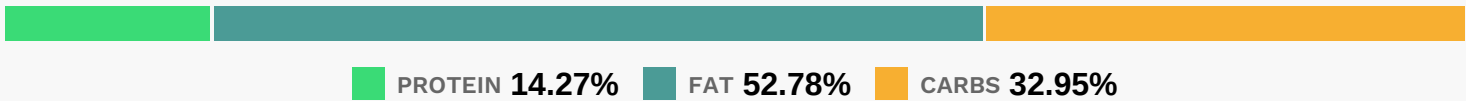
Equipment

- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375F. 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:22.31, Inflammation Score:-8, Nutrition Score:23.332608528759%

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: 519.34kcal (25.97%), Fat: 30.53g (46.97%), Saturated Fat: 11.11g (69.45%), Carbohydrates: 42.88g (14.29%), Net Carbohydrates: 39.6g (14.4%), Sugar: 6.24g (6.93%), Cholesterol: 92.48mg (30.83%), Sodium: 1330.87mg (57.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.57g (37.15%), Vitamin C: 81.16mg (98.38%), Vitamin K: 78.36µg (74.63%), Phosphorus: 434.13mg (43.41%), Selenium: 23.54µg (33.63%), Vitamin B3: 5.93mg (29.66%), Folate: 104.23µg (26.06%), Vitamin B1: 0.37mg (24.98%), Manganese: 0.48mg (23.93%), Vitamin B6: 0.46mg (22.79%), Vitamin B2: 0.38mg (22.21%), Vitamin A: 1063.79IU (21.28%), Iron: 3.25mg (18.03%), Potassium: 518.65mg (14.82%), Fiber: 3.28g (13.13%), Vitamin E: 1.78mg (11.89%), Magnesium: 41.06mg (10.26%), Vitamin B12: 0.61µg (10.15%), Calcium: 101.33mg (10.13%), Vitamin B5: 1mg (9.99%), Zinc: 1.45mg (9.64%), Copper: 0.14mg (6.79%)