



Turkey Cream Puff Pie

READY IN



4500 min.

SERVINGS



4

CALORIES



462 kcal

Ingredients

- ☐ 4 large eggs for 30 minutes at room temperature
- ☐ 0.8 cup flour all-purpose sifted
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 cup chicken broth reduced-sodium
- ☐ 0.5 teaspoon ground mustard dry
- ☐ 0.5 cup onion finely chopped
- ☐ 2 tablespoons parmesan finely grated (using a Microplane rasp)
- ☐ 0.5 teaspoon salt
- ☐ 3 oz swiss cheese cut into 1/4-inch dice (3/4 cup)
- ☐ 1 small tomatoes

- ☐ 1.3 cups turkey cooked finely chopped
- ☐ 6 tablespoons butter unsalted cold cut into small pieces
- ☐ 0.8 cup water
- ☐ 0.3 cup mushrooms white finely chopped

Equipment

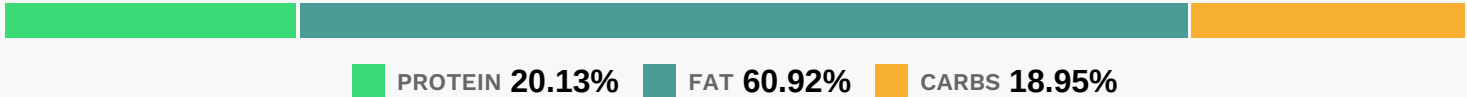
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wooden spoon
- ☐ slotted spoon

Directions

- ☐ Using a sharp knife, cut a shallow X in bottom of tomato and immerse in a saucepan of boiling water 10 seconds. Immediately transfer tomato with a slotted spoon to a bowl of ice and cold water to cool, then drain. Peel, seed, and finely chop tomato.
- ☐ Cook onion in butter with salt in a 10-inch heavy skillet over moderate heat, stirring occasionally, until golden, about 4 minutes.
- ☐ Add mushrooms and cook, stirring occasionally, until mushrooms begin to brown, about 3 minutes.
- ☐ Sprinkle with flour and cook, stirring constantly, 1 minute, then stir in broth and bring to a boil over moderate heat, stirring constantly. Reduce heat and simmer, stirring, 1 minute (sauce will be thick).
- ☐ Remove from heat and stir in turkey, parsley, chopped tomato, and pepper to taste.
- ☐ Put oven rack in middle position and preheat oven to 375°F.
- ☐ Bring water to a boil with butter and salt in a 1 1/2- to 2-quart heavy saucepan. Reduce heat to low and add flour all at once, then stir vigorously with a wooden spoon until dough forms a ball and pulls away from sides of pan, 1 to 2 minutes.

- ☐
- Remove from heat and stir vigorously for 1 minute more to release steam, then beat in 3 eggs,1 at a time, beating until incorporated after each addition. Stir in Swiss cheese, 1 tablespoon parmesan, and mustard, then spread dough with dampened hands into a buttered 9-inch pie plate. Create a 6-inch-wide hole in center by pulling dough toward edge of pie plate, then mound filling in hole. Push dough 1 inch up sides of filling, leaving top of filling exposed. Lightly beat remaining egg and brush some over dough (reserve remainder for another use), then sprinkle with remaining tablespoon parmesan.
- ☐
- Bake pie until dough is puffed and golden, about 40 minutes, then cut 4 slits with a small knife around side of dough to release steam and bake 10 minutes more.
- ☐
- Let pie stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:64.5, Glycemic Load:13.74, Inflammation Score:-7, Nutrition Score:17.767391329226%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 461.95kcal (23.1%), Fat: 31.28g (48.12%), Saturated Fat: 17.17g (107.33%), Carbohydrates: 21.9g (7.3%), Net Carbohydrates: 20.53g (7.47%), Sugar: 1.91g (2.12%), Cholesterol: 274.99mg (91.66%), Sodium: 488.11mg (21.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.25g (46.5%), Selenium: 38.26µg (54.66%), Phosphorus: 349.09mg (34.91%), Vitamin B2: 0.52mg (30.68%), Calcium: 270.01mg (27%), Vitamin B12: 1.55µg (25.82%), Vitamin A: 1282.41IU (25.65%), Vitamin B3: 4.42mg (22.11%), Folate: 81.44µg (20.36%), Vitamin K: 20.32µg (19.35%), Vitamin B6: 0.35mg (17.55%), Zinc: 2.53mg (16.86%), Vitamin B1: 0.25mg (16.57%), Iron: 2.53mg (14.08%), Vitamin B5: 1.39mg (13.87%), Manganese: 0.24mg (12.15%), Vitamin D: 1.43µg (9.55%), Vitamin E: 1.33mg (8.9%), Potassium: 308.42mg (8.81%), Magnesium: 34.52mg (8.63%), Copper: 0.17mg (8.3%), Vitamin C: 6.07mg (7.36%), Fiber: 1.37g (5.48%)