



Turkey, Onion, and Apple Pot Pie

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup apple juice dry
- ☐ 1 tablespoon butter
- ☐ 1.5 teaspoons caraway seed
- ☐ 3 tablespoons cornstarch
- ☐ 1 cream cheese pastry refrigerated for a single-crust 9-inch pie, at room temperature
- ☐ 2 teaspoons rubbed sage dried
- ☐ 1.3 cups fat-skimmed chicken broth
- ☐ 2 onions (1 lb. total)

- ☐ 2 golden delicious apples (1 lb. total)
- ☐ 8 servings salt and pepper
- ☐ 1.5 pounds turkey sausage patties
- ☐ 1 tablespoon whipping cream beaten
- ☐ 1 yams

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ pie form

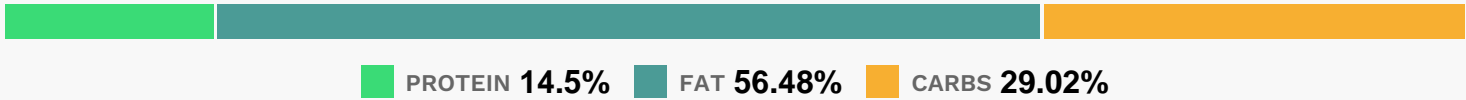
Directions

- ☐ Peel onions and thinly slice crosswise. Peel and core apples; thinly slice crosswise. Peel yams; cut in half lengthwise, then thinly slice crosswise.
- ☐ Melt butter in a 5- to 6-quart pan over high heat. Crumble turkey into pan; stir often until no longer pink, about 4 minutes.
- ☐ Add onions, apples, yams, sage, and caraway seed; cover and cook over medium heat, stirring occasionally, for 10 minutes. Uncover, turn heat to high, and stir often until liquid is evaporated and onions begin to brown, about 5 minutes.
- ☐ In a small bowl, mix broth, sherry, and cornstarch.
- ☐ Add to turkey mixture and stir until it boils and thickens.
- ☐ Remove from heat and add salt and pepper to taste.
- ☐ Let cool to room temperature, stirring occasionally, 30 to 40 minutes. Spoon mixture into a shallow, round 1 1/2- to 2-quart casserole or a 10-inch pie pan that holds at least 6 cups.
- ☐ On a lightly floured board, roll cream cheese pastry (or unfold and roll refrigerated pastry) into a round about 2 inches wider than the diameter of the casserole or pie pan. Center pastry over filling; trim edges to overhang rim about 1 inch. Fold overhang under pastry flush with rim. Flute pastry firmly against casserole or pan rim and slash top decoratively. If desired,

reroll pastry scraps, cut into decorative shapes, and lay on top of pie.

- ☐ Set pie on a foil-lined 12- by 15-inch baking sheet.
- ☐ Brush top with cream.
- ☐ Bake in a 375 regular or convection oven until pastry is well browned and filling is bubbling, 35 to 45 minutes. If crust rim darkens excessively before center browns, fold foil from sheet up to cover rim loosely. Spoon pastry and filling from casserole to serve.

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:9.63, Inflammation Score:-4, Nutrition Score:11.068260783735%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 4.4mg, Epicatechin: 4.4mg, Epicatechin: 4.4mg, Epicatechin: 4.4mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg

Nutrients (% of daily need)

Calories: 398.05kcal (19.9%), Fat: 25g (38.46%), Saturated Fat: 8.26g (51.62%), Carbohydrates: 28.9g (9.63%), Net Carbohydrates: 24.97g (9.08%), Sugar: 8.27g (9.19%), Cholesterol: 63.42mg (21.14%), Sodium: 913.99mg (39.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.44g (28.88%), Vitamin B6: 0.48mg (23.88%), Vitamin B3: 4.61mg (23.03%), Potassium: 768.62mg (21.96%), Vitamin B1: 0.32mg (21.49%), Vitamin C: 13.99mg (16.96%), Phosphorus: 166.47mg (16.65%), Fiber: 3.93g (15.73%), Manganese: 0.29mg (14.57%), Zinc: 2.08mg (13.85%), Vitamin B12: 0.8µg (13.4%), Copper: 0.19mg (9.39%), Vitamin B2: 0.16mg (9.25%), Vitamin B5: 0.86mg (8.6%), Iron: 1.5mg (8.35%), Magnesium: 30.74mg (7.69%), Vitamin D: 1.14µg (7.58%), Vitamin A: 254.79IU (5.1%), Folate: 20.1µg (5.03%), Vitamin E: 0.52mg (3.45%), Calcium: 33.91mg (3.39%), Vitamin K: 3.15µg (3%), Selenium: 1.55µg (2.22%)