



Turkey Pies with Mashed Potato-Asiago Topping

READY IN



45 min.

SERVINGS



6

CALORIES



260 kcal

Ingredients

- 2 ounces asiago cheese finely grated
- 0.3 teaspoon pepper black divided freshly ground
- 2 teaspoons butter
- 2 tablespoons cooking wine dry white
- 1.5 cups less-sodium chicken broth fat-free
- 2 tablespoons flour all-purpose
- 1 tablespoon flat-leaf parsley fresh chopped
- 1 tablespoon sage fresh chopped
- 2 teaspoons olive oil

- 0.8 cup peas green frozen
- 3 cups potatoes refrigerated mashed (such as Simply Potatoes)
- 0.8 teaspoon salt
- 0.3 cup shallots minced (3)
- 3 cups turkey diced cooked
- 0.7 cup onion yellow finely chopped

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- ramekin

Directions

- Preheat oven to 400
- Heat oil and butter in a large nonstick skillet over medium heat.
- Add onion and shallots; cook for 6 minutes or until tender, stirring frequently.
- Add peas and wine, and cook 2 minutes.
- Add turkey, parsley, and sage.
- Combine broth and flour in a small bowl, and stir well with a whisk.
- Add broth mixture to pan; bring to a boil. Cook 1 minute, stirring constantly. Stir in salt and 1/8 teaspoon freshly ground black pepper.
- Combine the remaining 1/8 teaspoon pepper, mashed potatoes, and cheese in a small bowl. Spoon turkey mixture evenly into each of 6 (8-ounce) ramekins coated with cooking spray. Top each evenly with the potato mixture.
- Place ramekins on a baking sheet.
- Bake at 400 for 20 minutes or until lightly browned and bubbly.

Let stand for 8 minutes before serving.

Nutrition Facts

PROTEIN 28.5% **FAT 28.92%** **CARBS 42.58%**

Properties

Glycemic Index:69.35, Glycemic Load:16.53, Inflammation Score:-6, Nutrition Score:19.746956576472%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg

Nutrients (% of daily need)

Calories: 260.34kcal (13.02%), Fat: 8.31g (12.78%), Saturated Fat: 3.4g (21.26%), Carbohydrates: 27.51g (9.17%), Net Carbohydrates: 23.26g (8.46%), Sugar: 3.89g (4.32%), Cholesterol: 45.79mg (15.26%), Sodium: 750.82mg (32.64%), Alcohol: 0.51g (100%), Alcohol %: 0.23% (100%), Protein: 18.41g (36.83%), Copper: 3.25mg (162.66%), Vitamin C: 31.19mg (37.8%), Vitamin B6: 0.73mg (36.29%), Vitamin B3: 5.83mg (29.15%), Phosphorus: 260.13mg (26.01%), Selenium: 15.72µg (22.46%), Manganese: 0.45mg (22.26%), Potassium: 708.94mg (20.26%), Vitamin K: 18.84µg (17.95%), Fiber: 4.25g (16.99%), Calcium: 154.97mg (15.5%), Vitamin B12: 0.84µg (13.93%), Magnesium: 55.09mg (13.77%), Vitamin B1: 0.2mg (13.56%), Vitamin B2: 0.22mg (12.7%), Zinc: 1.82mg (12.14%), Iron: 2.17mg (12.03%), Folate: 46.84µg (11.71%), Vitamin B5: 0.92mg (9.22%), Vitamin A: 341.54IU (6.83%), Vitamin E: 0.35mg (2.31%), Vitamin D: 0.2µg (1.31%)