






 **63%**  
HEALTH SCORE

# Turkey Pot Pie

 Very Healthy

READY IN  
  
**25 min.**

SERVINGS  
  
**4**

CALORIES  
  
**1592 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 cup butternut squash diced cooked
- 22 ounce condensed cheddar cheese soup canned
- 2 cup cranberries
- 21.5 ounce cream of celery soup canned
- 1 eggs beaten
- 0.5 cup milk
- 2 medium onions diced
- 1 sheet puff pastry frozen

- 4 servings salt and pepper
- 1 large turkey skinned cubed cooked

## Equipment

- baking sheet
- sauce pan
- oven
- pot

## Directions

- Preheat oven to 350 degrees F.
- To make the crust, dust surface with flour.
- Cut 1 sheet of frozen puff pastry into 1-inch strips, 8 inches long. On a large cookie sheet, weave strips into a lattice large enough to cover each pot pie.
- Mix egg and milk together and brush onto each lattice square.
- Bake for 5 minutes. Dough will rise and turn light golden brown. Set aside until ready to assemble pies.
- In a large saucepan heat the soups. Stir in turkey, onion, squash, cranberries, salt and pepper. Bring mixture to a boil. In an oven-proof dish, fill with mixture and top with the pre-cooked lattice square.
- Bake for 5 minutes until bubbly and puff pastry is deep golden brown.
- Cutting the puff pastry with a fluted-wheel creates elegant edges.
- Good substitutions for Cheddar cheese soup are cream of chicken soup and cream of mushroom soup.

## Nutrition Facts



## Properties

Glycemic Index:41.5, Glycemic Load:18.52, Inflammation Score:-10, Nutrition Score:60.030869359555%

## Flavonoids

Cyanidin: 23.22mg, Cyanidin: 23.22mg, Cyanidin: 23.22mg, Cyanidin: 23.22mg Delphinidin: 3.84mg, Delphinidin: 3.84mg, Delphinidin: 3.84mg, Delphinidin: 3.84mg Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 24.58mg, Peonidin: 24.58mg, Peonidin: 24.58mg, Peonidin: 24.58mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 3.33mg, Myricetin: 3.33mg, Myricetin: 3.33mg, Myricetin: 3.33mg Quercetin: 18.58mg, Quercetin: 18.58mg, Quercetin: 18.58mg, Quercetin: 18.58mg

## Nutrients (% of daily need)

Calories: 1592.02kcal (79.6%), Fat: 74.95g (115.3%), Saturated Fat: 20.49g (128.06%), Carbohydrates: 72.99g (24.33%), Net Carbohydrates: 65.77g (23.92%), Sugar: 12.92g (14.36%), Cholesterol: 531.24mg (177.08%), Sodium: 2704.07mg (117.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 152.27g (304.54%), Vitamin B3: 53.09mg (265.46%), Selenium: 159.36µg (227.66%), Vitamin B6: 4.13mg (206.25%), Vitamin A: 9000.22IU (180%), Vitamin B12: 8.18µg (136.33%), Phosphorus: 1358.06mg (135.81%), Vitamin B2: 1.56mg (91.49%), Zinc: 12.48mg (83.21%), Potassium: 2761.63mg (78.9%), Vitamin B5: 7.4mg (74.02%), Magnesium: 215.7mg (53.92%), Manganese: 1.08mg (53.9%), Iron: 8.78mg (48.79%), Vitamin B1: 0.71mg (47.38%), Copper: 0.85mg (42.3%), Vitamin K: 39.68µg (37.8%), Folate: 130.92µg (32.73%), Vitamin E: 4.84mg (32.25%), Vitamin C: 26.07mg (31.61%), Fiber: 7.22g (28.86%), Calcium: 269.66mg (26.97%), Vitamin D: 2.49µg (16.58%)