



Turkey Pot Pie

READY IN



70 min.

SERVINGS



4

CALORIES



573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 3 carrots chopped
- 2 stalks celery chopped
- 1 eggs lightly beaten
- 4 tablespoons flour
- 1 onion chopped
- 2 tablespoons parsley chopped
- 0.5 cup peas frozen thawed
- 1 pie crust prepared

- 2 potatoes diced peeled
- 2 cups turkey shredded
- 4 cups turkey stock

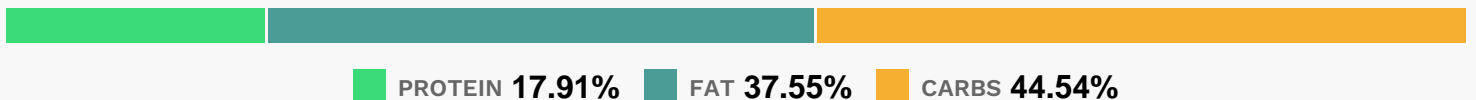
Equipment

- sauce pan
- oven

Directions

- Preheat oven to 350 degrees F.
- Melt butter in saucepan and cook chopped onion until tender. Stir in celery and carrots and cook for 2 minutes. Stir in flour and cook for 2 minutes.
- Add chicken stock and bring to a simmer.
- Add potatoes and simmer until tender. Stir in turkey, parsley and peas.
- Pour mixture into casserole. Top with pie crust and brush with egg.
- Bake for 30 minutes until crust is golden.

Nutrition Facts



Properties

Glycemic Index:97.73, Glycemic Load:20.59, Inflammation Score:-10, Nutrition Score:29.240434895391%

Flavonoids

Apigenin: 4.88mg, Apigenin: 4.88mg, Apigenin: 4.88mg, Apigenin: 4.88mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg

Nutrients (% of daily need)

Calories: 572.66kcal (28.63%), Fat: 23.87g (36.73%), Saturated Fat: 8.98g (56.16%), Carbohydrates: 63.71g (21.24%), Net Carbohydrates: 56.93g (20.7%), Sugar: 9.31g (10.35%), Cholesterol: 98.85mg (32.95%), Sodium:

685.67mg (29.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.61g (51.23%), Vitamin A: 8312.29IU (166.25%), Vitamin B3: 11.21mg (56.03%), Vitamin K: 55.45µg (52.81%), Vitamin B6: 0.94mg (47.15%), Vitamin C: 36.72mg (44.51%), Selenium: 25.11µg (35.88%), Potassium: 1168.08mg (33.37%), Vitamin B2: 0.56mg (32.96%), Phosphorus: 327.22mg (32.72%), Vitamin B1: 0.47mg (31.29%), Manganese: 0.61mg (30.5%), Folate: 117.14µg (29.29%), Fiber: 6.78g (27.1%), Iron: 4.03mg (22.37%), Copper: 0.4mg (20.24%), Magnesium: 73.29mg (18.32%), Zinc: 2.35mg (15.64%), Vitamin B5: 1.33mg (13.34%), Vitamin B12: 0.72µg (11.94%), Calcium: 79.1mg (7.91%), Vitamin E: 1mg (6.7%), Vitamin D: 0.37µg (2.46%)