



 **18%**
HEALTH SCORE

Turkey Pot Pie

 Popular

READY IN



45 min.

SERVINGS



8

CALORIES



728 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tsp pepper black
- 0.7 cup butter
- 1 cup celery chopped
- 0.5 tsp celery seed
- 1.8 cups chicken broth
- 0.7 cups flour all-purpose
- 0.5 tsp garlic powder
- 20 oz green beans canned

- 0.5 tsp seasoning italian
- 1.3 cups milk
- 0.5 cup onion chopped
- 0.5 tsp onion powder
- 20 oz peas-carrots mix shopping list mixed canned
- 4 pie crust dough frozen (not)
- 1 tsp salt
- 4 cups turkey cooked
- 0.5 tsp pepper white

Equipment

- oven
- whisk
- pot
- aluminum foil

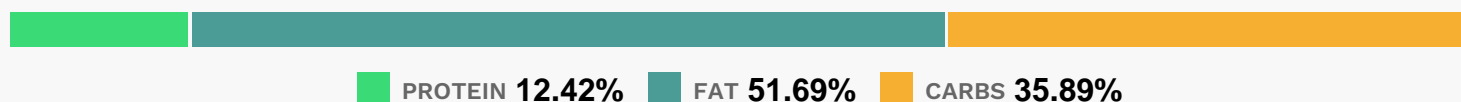
Directions

- Preheat oven to 425 degrees. Melt the butter and add the celery and onion to a medium pot and saute over medium heat for about 8 minutes. Step 2: Stir in 2/3 cup flour, salt and pepper, celery seed, onion powder, garlic powder, and Italian seasoning. Slowly whisk in the chicken broth and milk, stirring constantly until the mixture begins to thicken and then simmer lightly until thickened.
- Remove from heat and mix with the drained vegetables and turkey. Step 3: Fill two pie crusts with your turkey and vegetable mixture. Carefully top each pie with another pie crust, pinching the sides together.
- Bake uncovered in the preheated oven until the pies are golden brown, about 30 minutes. If the tops of the pies are browning too quickly, place a sheet of foil over the pie crusts and continue to bake. Cool for about 10 minutes before serving. This has to be one of the most delicious pot pie recipes I have ever tasted! What a great way to use up that leftover turkey. Another great substitution for turkey would also be to use a Rotisserie chicken. Mmmmm. I will be trying that soon. Have you ever tried a pot pie recipe? What about a Turkey Pot Pie Recipe? Make sure to save this one for those cold and snowy days ahead! JOIN 500,000

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- Email
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Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:8.17, Inflammation Score:-10, Nutrition Score:26.668260869565%

Flavonoids

Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Taste

Sweetness: 33.85%, Saltiness: 90.46%, Sourness: 26.2%, Bitterness: 27.79%, Savoriness: 47.97%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 727.87kcal (36.39%), Fat: 42.39g (65.21%), Saturated Fat: 18.28g (114.24%), Carbohydrates: 66.22g (22.07%), Net Carbohydrates: 58.91g (21.42%), Sugar: 5.17g (5.75%), Cholesterol: 82.36mg (27.45%), Sodium: 1093.27mg (47.53%), Protein: 22.92g (45.83%), Vitamin A: 7848.47IU (156.97%), Manganese: 0.88mg (44.08%), Vitamin B3: 8.45mg (42.27%), Vitamin K: 43.01µg (40.96%), Vitamin B1: 0.58mg (38.42%), Folate: 138.48µg (34.62%), Selenium: 21.61µg (30.87%), Vitamin B2: 0.52mg (30.81%), Fiber: 7.31g (29.23%), Phosphorus: 289.25mg (28.93%), Vitamin B6: 0.57mg (28.52%), Iron: 4.87mg (27.07%), Vitamin C: 17.81mg (21.59%), Potassium: 624.63mg

(17.85%), Magnesium: 67.85mg (16.96%), Vitamin B12: 0.87µg (14.47%), Zinc: 2.16mg (14.41%), Calcium: 138.92mg (13.89%), Vitamin B5: 1.32mg (13.21%), Copper: 0.25mg (12.73%), Vitamin E: 1.27mg (8.5%), Vitamin D: 0.6µg (3.98%)