



## Turkey Pot Pie

READY IN



45 min.

SERVINGS



6

CALORIES



394 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 6 ounces mushrooms trimmed sliced cut in half then thickly crosswise
- ☐ 1 cup carrots peeled thinly sliced ( 2 carrots)
- ☐ 1 egg whites with 1 teaspoon water (for glaze) beaten to blend
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 1 cups gravy
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 cup onion chopped
- ☐ 1 tablespoon parsley fresh italian chopped for crust
- ☐ 0.3 cup peas green frozen thawed

- ☐ 1 9-inch pie crust dough
- ☐ 0.5 cup savory vegetable diced leftover cooked
- ☐ 7 ounces turkey diced cooked
- ☐ 1 tablespoon butter unsalted
- ☐ 6 servings roasted cranberry sauce

## Equipment

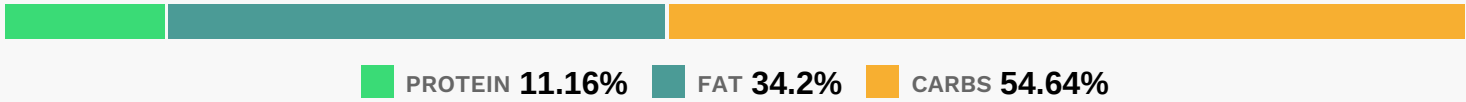
- ☐ frying pan
- ☐ oven
- ☐ pie form

## Directions

- ☐ Melt 1 tablespoon unsalted butter with 1 tablespoon extra-virgin olive oil in heavy large skillet over medium-high heat.
- ☐ Add chopped onion and sauté until golden, 7 to 8 minutes.
- ☐ Add sliced mushrooms; sprinkle with salt and pepper. Sauté until browned and tender, about 4 minutes.
- ☐ Add sliced carrots; cover and cook until carrots soften slightly, about 2 minutes.
- ☐ Add leftover vegetables, if desired.
- ☐ Add diced turkey, gravy, and chopped fresh thyme. Bring filling mixture to boil; reduce heat to low and simmer to thicken if necessary. Season to taste with salt and pepper.
- ☐ Mix in peas and chopped parsley.
- ☐ Pour filling into 9-inch-diameter glass pie dish and refrigerate until cool, about 30 minutes.
- ☐ Lightly brush rim (both top and underside) of filled pie dish with egg glaze.
- ☐ Place crust atop filling and fold edge of dough over edge of pie dish. Pinch dough rim to seal crust all around. Press down on top edge of crust with fork tines to seal decoratively. Chill 10 minutes.
- ☐ Preheat oven to 400°F. Lightly brush top of pie with glaze. Make three to four 1/4-inch slits in center of pie to allow steam to escape. Press some fresh parsley leaves onto crust.
- ☐ Bake pie until crust is golden and filling is bubbling, 30 to 35 minutes.

- ☐ Remove from oven and let cool 10 minutes.
- ☐ Serve with cranberry sauce.

# Nutrition Facts



## Properties

Glycemic Index:45.36, Glycemic Load:2.33, Inflammation Score:-10, Nutrition Score:14.574782666953%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 2.01mg, Myricetin: 2.01mg, Myricetin: 2.01mg, Myricetin: 2.01mg Quercetin: 7.14mg, Quercetin: 7.14mg, Quercetin: 7.14mg, Quercetin: 7.14mg

## Nutrients (% of daily need)

Calories: 394.05kcal (19.7%), Fat: 15.31g (23.55%), Saturated Fat: 4.98g (31.09%), Carbohydrates: 55.02g (18.34%), Net Carbohydrates: 51.06g (18.57%), Sugar: 26.03g (28.92%), Cholesterol: 25.07mg (8.36%), Sodium: 379.92mg (16.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.23g (22.47%), Vitamin A: 4554.05IU (91.08%), Vitamin B3: 4.36mg (21.82%), Vitamin K: 20.34µg (19.37%), Vitamin B2: 0.29mg (17.3%), Manganese: 0.34mg (16.98%), Selenium: 11.17µg (15.95%), Fiber: 3.96g (15.83%), Vitamin B6: 0.28mg (14.25%), Vitamin B1: 0.2mg (13.22%), Phosphorus: 126.88mg (12.69%), Folate: 49.38µg (12.34%), Vitamin C: 9.94mg (12.05%), Iron: 1.97mg (10.93%), Potassium: 363.24mg (10.38%), Copper: 0.2mg (10.03%), Vitamin E: 1.38mg (9.18%), Vitamin B5: 0.89mg (8.88%), Magnesium: 27.15mg (6.79%), Zinc: 0.99mg (6.62%), Vitamin B12: 0.31µg (5.1%), Calcium: 33.55mg (3.35%), Vitamin D: 0.16µg (1.08%)