

**23%**
HEALTH SCORE

Turkey Pot Pie With Cornbread Crust

READY IN



45 min.

SERVINGS



5

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon double-acting baking powder
- 2 tablespoons canola oil
- 2 large carrots chopped
- 3 stalks celery chopped
- 2 cups chicken stock see
- 1 large eggs
- 0.3 cup flour
- 0.8 cup flour
- 2 cloves garlic minced

0.5 cup green beans trimmed chopped

2 teaspoons ground sage

2 teaspoons ground thyme

0.8 cup milk

2 tablespoons olive oil

1 medium onion chopped

5 servings pepper

0.5 teaspoon salt

1.5 tablespoons sugar

3 cups turkey cooked chopped

0.8 cup cornmeal white yellow

Equipment

bowl

frying pan

oven

whisk

baking pan

Directions

To make filling: Preheat the oven to 400F. Coat a pie plate (or any baking dish you like) generously with nonstick cooking spray.

Heat olive oil in a large pan over medium heat.

Add onion, carrots, celery, and green beans, and saut for about 10 minutes, until tender.

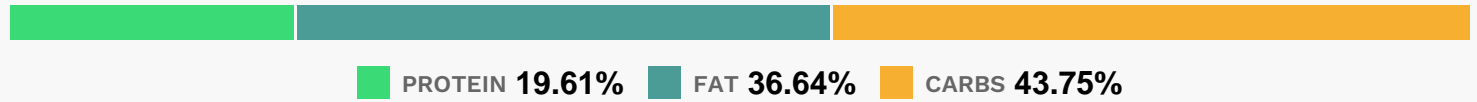
Add garlic and stir constantly for 30 seconds.

Sprinkle the flour into the pan and stir until it coats the vegetables, about 30 seconds. Slowly stir in 2 cups of hTo make crust: In a large bowl, whisk the cornmeal, flour, baking powder, sugar and salt. Stir milk, egg and canola oil until well combined in a separate bowl. Stir wet ingredients into dry ingredients. Spoon the batter evenly over the filling.

Bake until the top is golden brown, about 22 to 25 minutes.

Let cool for at least 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:126.48, Glycemic Load:29.76, Inflammation Score:-10, Nutrition Score:25.181304347826%

Flavonoids

Apigenin: 0.69mg, Apigenin: 0.69mg, Apigenin: 0.69mg, Apigenin: 0.69mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg

Taste

Sweetness: 59.82%, Saltiness: 100%, Sourness: 20.66%, Bitterness: 22.78%, Savoriness: 62.9%, Fattiness: 81.6%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 482.28kcal (24.11%), Fat: 19.7g (30.3%), Saturated Fat: 3.7g (23.1%), Carbohydrates: 52.92g (17.64%), Net Carbohydrates: 47.92g (17.43%), Sugar: 10.38g (11.53%), Cholesterol: 87.41mg (29.14%), Sodium: 761.8mg (33.12%), Protein: 23.72g (47.44%), Vitamin A: 5163.21IU (103.26%), Vitamin B3: 8.68mg (43.38%), Selenium: 29.01µg (41.44%), Vitamin B6: 0.72mg (36.24%), Phosphorus: 354.31mg (35.43%), Vitamin K: 31.2µg (29.71%), Vitamin B2: 0.49mg (28.56%), Vitamin B1: 0.4mg (26.84%), Manganese: 0.52mg (25.97%), Calcium: 245.57mg (24.56%), Folate: 90.71µg (22.68%), Iron: 3.89mg (21.62%), Fiber: 5g (19.99%), Potassium: 627.01mg (17.91%), Zinc: 2.6mg (17.31%), Magnesium: 68.58mg (17.15%), Vitamin B12: 1.01µg (16.9%), Vitamin E: 2.43mg (16.23%), Copper: 0.25mg (12.3%), Vitamin B5: 1.22mg (12.23%), Vitamin C: 6.19mg (7.51%), Vitamin D: 0.78µg (5.21%)