



Turkey Pot Pie with Cranberry-Orange Corn Muffin Topping

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

927 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 tablespoons butter
- ☐ 2 carrots sliced
- ☐ 3 ribs celery with leaves, chopped
- ☐ 4 cups chicken stock see
- ☐ 0.5 cup cranberries dried sweetened whole leftover drained ()
- ☐ 1 tablespoon evoo
- ☐ 2 round tablespoons flour
- ☐ 2 tablespoons thyme leaves fresh chopped

- ☐ 1 tablespoon honey
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 cups milk
- ☐ 1 onion chopped
- ☐ 1 tablespoon orange zest
- ☐ 1 cup quick-cooking polenta
- ☐ 1.5 cups sharp cheddar shredded
- ☐ 1.5 pounds turkey cooked chopped
- ☐ 0.5 cup walnuts chopped

Equipment

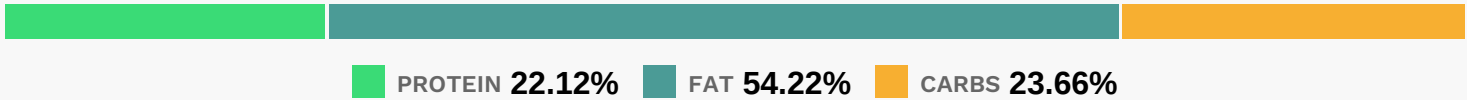
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ broiler
- ☐ dutch oven

Directions

- ☐ Heat the broiler with the rack in the upper third of the oven.
- ☐ Toast the walnuts in a small pan over medium heat until fragrant.
- ☐ Heat the EVOO, a turn of the pan, in a large skillet or Dutch oven with lid over medium-high heat.
- ☐ Add 3 tablespoons butter to the pan and melt. Then add the celery, carrots, bay leaf and onions. Next, season with salt, pepper and thyme. Partially cover the pan and sweat the vegetables for 7 to 8 minutes.
- ☐ Remove the lid, sprinkle the vegetables with the flour and stir 1 minute. Then whisk in 2 1/2 cups chicken stock and cook to thicken.
- ☐ Add the turkey and heat through. Reduce the heat to a simmer and remove the bay leaf.
- ☐ Meanwhile, heat the remaining 1 1/2 cups chicken stock and the milk to a low boil.
- ☐ Whisk in the polenta and thicken, 2 to 3 minutes.

Sprinkle the polenta with a little salt and stir in half of the Cheddar, the cranberry sauce, honey, orange zest, walnuts and the remaining 2 tablespoons butter. Spoon and spread the polenta over the top of the turkey filling and scatter the remaining Cheddar over top. Broil to brown and set the top, 1 to 2 minutes.

Nutrition Facts



Properties

Glycemic Index:127.53, Glycemic Load:14.77, Inflammation Score:-10, Nutrition Score:40.85956519583%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Apigenin: 0.95mg, Apigenin: 0.95mg, Apigenin: 0.95mg, Apigenin: 0.95mg Luteolin: 1.95mg, Luteolin: 1.95mg, Luteolin: 1.95mg, Luteolin: 1.95mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg

Nutrients (% of daily need)

Calories: 927.43kcal (46.37%), Fat: 57.01g (87.71%), Saturated Fat: 23.61g (147.54%), Carbohydrates: 55.97g (18.66%), Net Carbohydrates: 49.78g (18.1%), Sugar: 28.88g (32.09%), Cholesterol: 188.79mg (62.93%), Sodium: 962.95mg (41.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.32g (104.64%), Vitamin A: 6541.03IU (130.82%), Manganese: 1.63mg (81.26%), Phosphorus: 782.74mg (78.27%), Selenium: 53.71µg (76.73%), Vitamin B3: 14.12mg (70.6%), Vitamin B6: 1.19mg (59.62%), Calcium: 545.41mg (54.54%), Vitamin B2: 0.9mg (53.17%), Vitamin B12: 2.61µg (43.52%), Magnesium: 160.69mg (40.17%), Zinc: 5.91mg (39.43%), Potassium: 1131.71mg (32.33%), Copper: 0.61mg (30.73%), Vitamin B1: 0.43mg (28.76%), Fiber: 6.19g (24.75%), Iron: 3.95mg (21.92%), Vitamin B5: 2.11mg (21.09%), Vitamin K: 20.48µg (19.51%), Folate: 75.58µg (18.89%), Vitamin C: 13.13mg (15.92%), Vitamin E: 2.32mg (15.5%), Vitamin D: 1.96µg (13.06%)