



## Turkey Pot Pie With Mayonnaise

READY IN



70 min.

SERVINGS



14

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup carrots chopped
- 0.3 cup celery chopped
- 1 teaspoon dill weed dried
- 1 cup flour all-purpose
- 1 clove garlic minced
- 1 cup green beans chopped
- 0.3 cup bell pepper green chopped
- 0.5 cup mayonnaise
- 0.3 teaspoon salt

- 1 cup cheddar cheese shredded
- 2 cups turkey cooked chopped
- 0.3 cup vegetable shortening
- 0.3 cup water cold or as needed

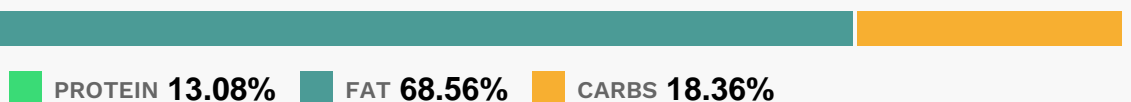
## Equipment

- bowl
- oven
- knife
- baking pan
- aluminum foil
- pastry cutter

## Directions

- Preheat oven to 425 degrees F (220 degrees C).
- In a large bowl, mix together the turkey, carrots, green beans, celery, green pepper, Cheddar cheese, garlic, dill, salt, and mayonnaise until thoroughly combined.
- Spread the filling out into a 9x12-inch baking dish.
- In a separate bowl, cut the flour and shortening together with a pastry cutter until the mixture looks like crumbs; stir in water, 1 tablespoon at a time, just until the dough holds together. On a floured surface, roll the dough out to a rectangle slightly larger than the baking dish.
- Place the dough over the filling so that the edge of the crust fits over the edge of the dish.
- Cut several slits in the dough with a sharp knife; cover the dish with foil.
- Bake in the preheated oven until the crust is browned and the filling is bubbly, about 40 minutes.

## Nutrition Facts



## Properties

Glycemic Index:22.63, Glycemic Load:5.49, Inflammation Score:-8, Nutrition Score:6.9373912889024%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 190.47kcal (9.52%), Fat: 14.55g (22.38%), Saturated Fat: 3.94g (24.6%), Carbohydrates: 8.77g (2.92%), Net Carbohydrates: 7.97g (2.9%), Sugar: 0.88g (0.98%), Cholesterol: 21.66mg (7.22%), Sodium: 170.09mg (7.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.49%), Vitamin A: 1697.79IU (33.96%), Vitamin K: 21.17µg (20.16%), Selenium: 8.61µg (12.31%), Vitamin B3: 1.78mg (8.92%), Phosphorus: 82.14mg (8.21%), Vitamin B2: 0.12mg (7.25%), Calcium: 69.38mg (6.94%), Vitamin B6: 0.13mg (6.51%), Vitamin B1: 0.1mg (6.41%), Folate: 24.68µg (6.17%), Manganese: 0.11mg (5.28%), Vitamin E: 0.75mg (4.98%), Vitamin C: 3.8mg (4.6%), Zinc: 0.68mg (4.5%), Vitamin B12: 0.27µg (4.47%), Iron: 0.73mg (4.05%), Fiber: 0.8g (3.19%), Potassium: 107.59mg (3.07%), Magnesium: 11.72mg (2.93%), Vitamin B5: 0.29mg (2.86%), Copper: 0.04mg (2.08%)