



Turkey Pot Pie with Potato Biscuit Crust

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups turkey cubed cooked
- 2 cups peas-carrots mix shopping list frozen
- 0.5 cup onion chopped
- 12 oz campbell's turkey gravy
- 0.7 cup potatoes mashed
- 0.7 cup water hot
- 0.3 cup milk
- 1 tablespoon chives

1.5 cups frangelico

Equipment

bowl

sauce pan

oven

glass baking pan

Directions

Heat oven to 375°F. In 3-quart saucepan, heat turkey, frozen vegetables, onion and gravy to boiling over medium heat, stirring frequently. Boil and stir 1 minute. Keep warm.

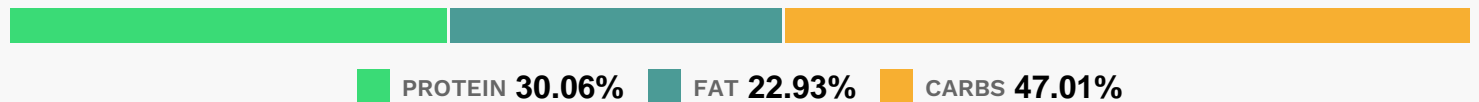
In medium bowl, stir dry potatoes and hot water; let stand until water is absorbed. Stir in remaining crust ingredients until dough forms.

Place dough on surface sprinkled with Bisquick mix; gently roll in Bisquick mix to coat. Shape into ball; knead 10 times. Pat into 11x7-inch rectangle. Fold dough into thirds.

Pour turkey mixture into ungreased 11x7-inch (2-quart) glass baking dish. Carefully unfold dough onto turkey mixture.

Bake 30 to 35 minutes or until crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:37.19, Glycemic Load:5.25, Inflammation Score:-10, Nutrition Score:13.94478259268%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 172.68kcal (8.63%), Fat: 4.57g (7.03%), Saturated Fat: 1.72g (10.75%), Carbohydrates: 21.09g (7.03%), Net Carbohydrates: 17.59g (6.4%), Sugar: 3.56g (3.95%), Cholesterol: 29.28mg (9.76%), Sodium: 499.2mg (21.7%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.49g (26.98%), Vitamin A: 6736.96IU (134.74%), Vitamin B6: 0.43mg (21.73%), Vitamin B3: 4.25mg (21.25%), Vitamin C: 16.55mg (20.05%), Phosphorus: 156.76mg (15.68%), Fiber: 3.5g (14.01%), Selenium: 9.38µg (13.39%), Vitamin B1: 0.2mg (13.33%), Manganese: 0.25mg (12.49%), Potassium: 427.83mg (12.22%), Vitamin B2: 0.17mg (10.06%), Vitamin B12: 0.56µg (9.41%), Folate: 37.26µg (9.32%), Magnesium: 35.12mg (8.78%), Zinc: 1.25mg (8.35%), Iron: 1.41mg (7.83%), Copper: 0.14mg (7.17%), Vitamin B5: 0.65mg (6.47%), Calcium: 58.4mg (5.84%), Vitamin D: 0.34µg (2.24%)