



Turkey Vegetable Pie

READY IN



45 min.

SERVINGS



4

CALORIES



284 kcal

Ingredients

- ☐ 0.8 cup biscuit and baking mix reduced-fat
- ☐ 1.5 cups broccoli flowerets
- ☐ 0.5 cup carrots sliced
- ☐ 10.5 ounce chicken broth low-sodium canned
- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 2 teaspoons mustard dry
- ☐ 1 large egg white beaten
- ☐ 0.5 cup milk fat-free
- ☐ 1.5 tablespoons flour all-purpose

- ☐ 1.5 cups mushrooms fresh sliced
- ☐ 0.5 cup green onions chopped
- ☐ 1 tablespoon butter reduced-calorie
- ☐ 1.5 cups turkey breast cooked chopped (skinned before cooking and without salt)

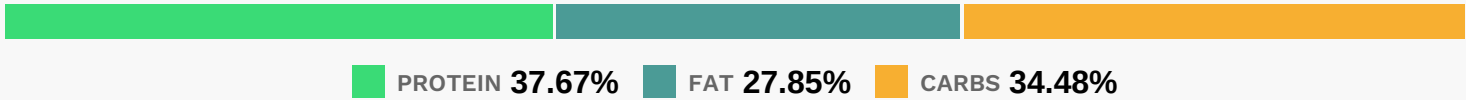
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350
- ☐ Coat a nonstick skillet with cooking spray; add margarine.
- ☐ Place over medium-high heat until margarine melts.
- ☐ Add mushrooms and next 3 ingredients; cook 5 minutes or until vegetables are tender, stirring often. Stir flour, dry mustard, and thyme into broth; add to vegetable mixture. Cook, stirring constantly, 2 to 3 minutes or until mixture is bubbly; stir in turkey. Spoon mixture into a 9-inch pie plate coated with cooking spray.
- ☐ Place baking mix in a medium bowl.
- ☐ Combine egg white, milk, and Dijon mustard; add to baking mix, stirring just until baking mix is moistened.
- ☐ Pour over turkey mixture.
- ☐ Bake at 350 for 35 minutes or until golden.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:70.77, Glycemic Load:3.44, Inflammation Score:-10, Nutrition Score:25.726521647495%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 284.4kcal (14.22%), Fat: 9.03g (13.89%), Saturated Fat: 1.98g (12.36%), Carbohydrates: 25.14g (8.38%), Net Carbohydrates: 22.35g (8.13%), Sugar: 6.8g (7.56%), Cholesterol: 49.28mg (16.43%), Sodium: 604.9mg (26.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.46g (54.93%), Vitamin A: 3213.95IU (64.28%), Vitamin B3: 12.86mg (64.28%), Vitamin K: 64.28µg (61.22%), Phosphorus: 475.25mg (47.53%), Selenium: 32.24µg (46.06%), Vitamin B6: 0.86mg (43.14%), Vitamin C: 33.67mg (40.82%), Vitamin B2: 0.55mg (32.23%), Folate: 80.38µg (20.09%), Potassium: 700.55mg (20.02%), Vitamin B1: 0.28mg (18.78%), Vitamin B5: 1.82mg (18.23%), Vitamin B12: 0.92µg (15.4%), Copper: 0.28mg (14.12%), Manganese: 0.27mg (13.63%), Calcium: 134.43mg (13.44%), Zinc: 2.01mg (13.42%), Magnesium: 53.48mg (13.37%), Iron: 2.26mg (12.55%), Fiber: 2.79g (11.17%), Vitamin E: 0.69mg (4.61%), Vitamin D: 0.5µg (3.32%)