



## Wild Rice-Turkey Pot Pie

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 oz rice wild cooked drained canned
- 1 lb turkey cubed cooked
- 12 oz savory vegetable mixed frozen thawed drained
- 10.8 oz cream of mushroom soup fat-free 98% 30% with less sodium canned
- 0.3 cup milk
- 2 tablespoons dehydrated onion dried minced
- 0.8 cup milk
- 1 eggs

1.5 cups frangelico

## Equipment

bowl

oven

## Directions

Heat oven to 400°F. Reserve 1/2 cup of the wild rice in medium bowl. In ungreased 2-quart casserole, stir remaining wild rice and remaining filling ingredients until mixed.

Into reserved 1/2 cup wild rice, stir all topping ingredients with fork just until blended.

Pour over turkey mixture.

Bake uncovered 25 to 35 minutes or until crust is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:20.17, Glycemic Load:3.14, Inflammation Score:-9, Nutrition Score:16.455652268037%

## Nutrients (% of daily need)

Calories: 255.24kcal (12.76%), Fat: 6.79g (10.44%), Saturated Fat: 2.47g (15.45%), Carbohydrates: 28.74g (9.58%), Net Carbohydrates: 24.94g (9.07%), Sugar: 3.16g (3.51%), Cholesterol: 73.35mg (24.45%), Sodium: 475.23mg (20.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.07g (42.15%), Vitamin A: 3017.14IU (60.34%), Vitamin B3: 6.24mg (31.2%), Vitamin B6: 0.56mg (27.79%), Phosphorus: 265.17mg (26.52%), Manganese: 0.52mg (26.19%), Selenium: 15.33µg (21.91%), Zinc: 3.01mg (20.08%), Vitamin B2: 0.33mg (19.47%), Vitamin B12: 1.02µg (17.02%), Fiber: 3.8g (15.19%), Magnesium: 60.56mg (15.14%), Copper: 0.29mg (14.7%), Potassium: 474.17mg (13.55%), Folate: 48.4µg (12.1%), Vitamin B1: 0.18mg (11.73%), Iron: 1.94mg (10.75%), Vitamin B5: 1.02mg (10.2%), Vitamin C: 7.15mg (8.66%), Calcium: 82.65mg (8.26%), Vitamin D: 0.75µg (5.03%), Vitamin E: 0.32mg (2.12%)