

Turkey Meatball Pie

CookedPerfect.com

Servings: 4

12 one-ounce Cooked Perfect meatballs, cut in half
1 jar (12 ounce) turkey gravy
1 cup diced potatoes
1/2 cup frozen pearl onions
1/2 cup carrots, peeled and sliced
1/2 cup celery, sliced
1/4 cup frozen green beans
1 ten-inch pie crust, frozen, not in tin
1 egg

Cook Time: 30 minutes

In a saucepan, bring one quart of water to a boil. Cook the potatoes, onions, celery and carrots until soft. Drain.

In a bowl, mix the vegetables with the gravy, meatballs and peas.

Place the crust into a buttered 10-inch pie pan. Spoon in the filling. Cover with the remaining dough and crimp the edges tight. Slice a few lines through the top dough to vent. Brush with a beaten egg.

Bake for 20 minutes until the crust is golden brown and the filling is bubbling.

Remove from the oven and let stand for 5 minutes.

Per Serving (excluding unknown items): 305 Calories; 15g Fat (44.3% calories from fat); 8g Protein; 35g Carbohydrate; 3g Dietary Fiber; 54mg Cholesterol; 762mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 2 1/2 Fat.

Turkey

Per Serving Nutritional Analysis

Calories (kcal):	305	Vitamin B6 (mg):	.2mg
% Calories from Fat:	44.3%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	45.9%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	9.8%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	15g	Folacin (mcg):	29mcg
Saturated Fat (g):	4g	Niacin (mg):	3mg

Monounsaturated Fat (g): 8g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 54mg
Carbohydrate (g): 35g
Dietary Fiber (g): 3g
Protein (g): 8g
Sodium (mg): 762mg
Potassium (mg): 462mg
Calcium (mg): 56mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 12mg
Vitamin A (i.u.): 4644IU
Vitamin A (r.e.): 475 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 2
Lean Meat: 1/2
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 305 **Calories from Fat:** 135

% Daily Values*

Total Fat	15g	23%
Saturated Fat	4g	20%
Cholesterol	54mg	18%
Sodium	762mg	32%
Total Carbohydrates	35g	12%
Dietary Fiber	3g	13%
Protein	8g	
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Vitamin A		93%
Vitamin C		21%
Calcium		6%
Iron		12%

* Percent Daily Values are based on a 2000 calorie diet.