



Chicken and Turkey Pot Pie with Pepper Biscuit Topping

READY IN



130 min.

SERVINGS



8

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounces biscuit dough refrigerated thawed (recommended: Pillsbury Grands)
- 0.8 teaspoon pepper black
- 1 pound turkey breast boneless cut into bite size pieces
- 1 tablespoon butter melted
- 1 teaspoon chicken seasoning salt-free (recommended: McCormick's Grill Mates)
- 2 cups meat from a rotisserie chicken cubed cooked (recommended: Perdue Shortcuts)
- 20 ounce cream of chicken soup canned (recommended: Campbell's)
- 16 ounces veggies mixed frozen (carrots, corn, peas, green beans)

- 1 cup onions frozen chopped
- 2 small potatoes red cubed

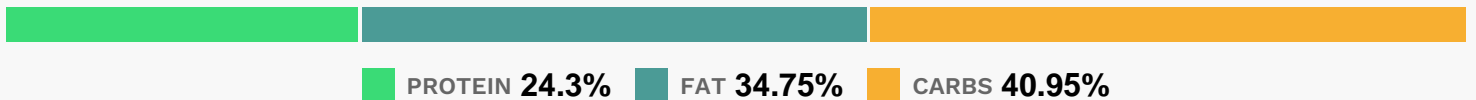
Equipment

- bowl
- baking sheet
- oven
- casserole dish
- aluminum foil

Directions

- Preheat oven to 350 degrees F. Line a baking sheet with aluminum foil; set aside.
- In a large bowl, thoroughly combine all ingredients for filling.
- Transfer to a 2 1/2 quart casserole dish. Cover with foil and place on baking sheet.
- Bake for 1 1/2 hours.
- Remove from oven and discard foil.
- Mixture should be bubbling. Gently stir mixture to evenly distribute heat. Open can of biscuit dough and arrange over top of casserole.
- Brush tops of biscuits with melted butter and sprinkle with black pepper. Return to oven and continue baking for another 15 to 18 minutes or until biscuits have risen and are golden brown.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:22.43, Inflammation Score:-9, Nutrition Score:22.808695787969%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

Nutrients (% of daily need)

Calories: 474.28kcal (23.71%), Fat: 18.52g (28.5%), Saturated Fat: 4.4g (27.51%), Carbohydrates: 49.12g (16.37%), Net Carbohydrates: 44.97g (16.35%), Sugar: 3.79g (4.21%), Cholesterol: 66.87mg (22.29%), Sodium: 1221.15mg (53.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.14g (58.28%), Vitamin A: 3089.7IU (61.79%), Vitamin B3: 11.8mg (58.98%), Phosphorus: 533.11mg (53.31%), Selenium: 34.07µg (48.67%), Vitamin B6: 0.76mg (38.21%), Manganese: 0.55mg (27.27%), Vitamin B1: 0.41mg (27.03%), Iron: 4.35mg (24.17%), Vitamin B2: 0.4mg (23.53%), Potassium: 726.49mg (20.76%), Folate: 75.15µg (18.79%), Fiber: 4.14g (16.57%), Copper: 0.31mg (15.46%), Magnesium: 59.87mg (14.97%), Zinc: 2.19mg (14.59%), Vitamin C: 11.13mg (13.49%), Vitamin B5: 1.33mg (13.26%), Vitamin B12: 0.54µg (9.02%), Vitamin K: 8.99µg (8.56%), Vitamin E: 1.22mg (8.13%), Calcium: 76.61mg (7.66%)