



## Grandmother's Chicken Pie

READY IN



45 min.

SERVINGS



6

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 cup butter
- 0.8 cup buttermilk
- 3 chicken breast whole chopped
- 2 cups flour all-purpose
- 0.3 teaspoon pepper
- 1 teaspoon salt
- 0.3 cup shortening

- 1 teaspoon sugar
- 1.5 cups water hot

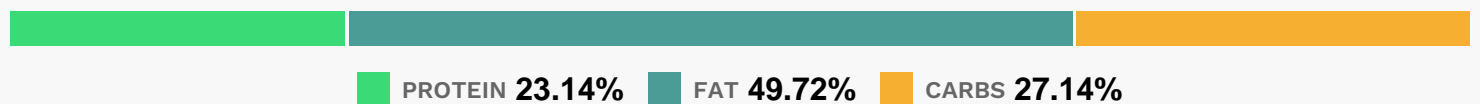
## Equipment

- oven
- mixing bowl
- blender

## Directions

- Place chicken in a lightly greased 1 1/2-quart casserole.
- Sprinkle with 1 teaspoon salt and pepper. Set aside.
- Combine flour, baking powder, 1 teaspoon salt, sugar, and soda in a mixing bowl, stirring well.
- Cut in shortening with a pastry blender until mixture resembles coarse meal.
- Add buttermilk, stirring until dry ingredients are moistened.
- Turn dough out on a floured surface, and knead lightly 4 or 5 times.
- Roll dough to 1/4-inch thickness; cut into 1-inch strips.
- Cover chicken with strips of dough, and dot with butter.
- Pour hot water evenly over top of pie.
- Bake, covered, at 300 for 1 1/2 hours.
- Remove cover, and bake an additional 20 minutes or until crust is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:50.02, Glycemic Load:24.27, Inflammation Score:-7, Nutrition Score:19.114782768747%

## Nutrients (% of daily need)

Calories: 514.09kcal (25.7%), Fat: 28.1g (43.23%), Saturated Fat: 6.57g (41.07%), Carbohydrates: 34.52g (11.51%), Net Carbohydrates: 33.37g (12.13%), Sugar: 2.24g (2.49%), Cholesterol: 75.62mg (25.21%), Sodium: 965.23mg

(41.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.44g (58.87%), Selenium: 51.41µg (73.44%), Vitamin B3: 14.28mg (71.39%), Vitamin B6: 0.88mg (43.88%), Phosphorus: 341.5mg (34.15%), Vitamin B1: 0.42mg (27.81%), Vitamin B2: 0.38mg (22.22%), Folate: 82.47µg (20.62%), Vitamin B5: 1.98mg (19.82%), Manganese: 0.31mg (15.71%), Vitamin A: 760.51IU (15.21%), Potassium: 512.6mg (14.65%), Iron: 2.53mg (14.03%), Calcium: 132.9mg (13.29%), Magnesium: 43.22mg (10.8%), Vitamin E: 1.37mg (9.14%), Zinc: 1.07mg (7.13%), Vitamin B12: 0.38µg (6.38%), Copper: 0.11mg (5.45%), Vitamin K: 5.12µg (4.88%), Fiber: 1.15g (4.6%), Vitamin D: 0.5µg (3.35%), Vitamin C: 1.39mg (1.69%)