



Turkey Apple Pot Pie with Cheddar Biscuit Crust

READY IN



90 min.

SERVINGS



6

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoon double-acting baking powder
- ☐ 1 tablespoon baking soda
- ☐ 0.3 teaspoon pepper black freshly ground to taste
- ☐ 1.3 cup buttermilk well-shaken
- ☐ 1.5 cup coarsely cheddar extra-sharp grated
- ☐ 3.5 cup chicken stock see
- ☐ 2 cup flour all-purpose
- ☐ 0.5 teaspoon kosher salt to taste

- ☐ 1 onion roughly chopped
- ☐ 1 teaspoon thyme leaves
- ☐ 4 cup roast turkey meat cut into ½-inch pieces
- ☐ 3 tablespoon butter unsalted
- ☐ 2 tablespoon vegetable shortning

Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ blender

Directions

- ☐ Cook onion, carrots, celery, parsnip, apples and thyme in butter season with salt and pepper in a 12-inch-wide shallow pot, covered, over medium heat, stirring occasionally, until vegetables are almost tender, 10 to 12 minutes.
- ☐ Sprinkle with ¼ cup flour and cook, stirring constantly, 2 minutes. Stir in stock , scraping up any brown bits as you pour in the stock. Bring the pot to a boil, stirring, then lower the heat and simmer until slightly thickened, about 5 minutes. Stir in turkey, and additional salt and pepper to taste. This part can be done up to one day in advance. Bring the mixture back up to a simmer when ready to proceed. Preheat oven to 375 degrees F with rack in middle of the oven. Sift together flour, baking powder, baking soda, salt, and pepper into a medium bowl.
- ☐ Add cheese and toss to coat. Blend in butter and shortening with a pastry blender until mixture resembles coarse meal.
- ☐ Add buttermilk and stir just until a rough dough forms. Drop biscuit dough onto filling in 68 large mounds, leaving spaces between biscuits so that can rise.
- ☐ Bake until biscuits are puffed and golden brown and filling is bubbling, 35 to 40 minutes.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



 PROTEIN **29.53%**  FAT **36.89%**  CARBS **33.58%**

Properties

Glycemic Index:62.33, Glycemic Load:24.9, Inflammation Score:-8, Nutrition Score:23.34043469118%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 514.79kcal (25.74%), Fat: 20.88g (32.12%), Saturated Fat: 10.93g (68.3%), Carbohydrates: 42.75g (14.25%), Net Carbohydrates: 41.05g (14.93%), Sugar: 5.71g (6.34%), Cholesterol: 115.53mg (38.51%), Sodium: 1434.61mg (62.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.6g (75.21%), Selenium: 48.34µg (69.05%), Vitamin B3: 12.38mg (61.92%), Phosphorus: 471.62mg (47.16%), Vitamin B2: 0.73mg (42.82%), Vitamin B6: 0.78mg (38.91%), Calcium: 365.26mg (36.53%), Vitamin B1: 0.47mg (31.3%), Vitamin B12: 1.7µg (28.31%), Folate: 103.5µg (25.88%), Zinc: 3.5mg (23.33%), Iron: 3.39mg (18.84%), Manganese: 0.35mg (17.66%), Vitamin A: 839.65IU (16.79%), Potassium: 542.51mg (15.5%), Magnesium: 56.79mg (14.2%), Vitamin B5: 1.32mg (13.18%), Copper: 0.25mg (12.36%), Vitamin D: 1.11µg (7.41%), Fiber: 1.7g (6.82%), Vitamin E: 0.56mg (3.77%), Vitamin C: 2.68mg (3.25%), Vitamin K: 1.93µg (1.84%)