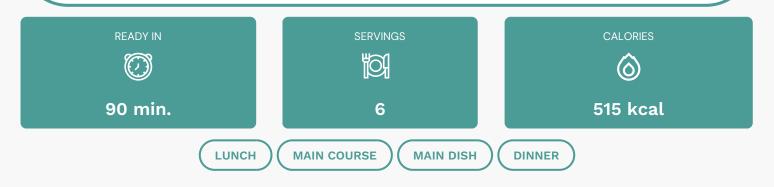


Turkey Apple Pot Pie with Cheddar Biscuit Crust



Ingredients

	J	0 1
1 tablespoon baking soc	la	
0.3 teaspoon pepper b	lack fres	shly ground to taste
1.3 cup buttermilk well-s	shaken	
1.5 cup coarsely chedda	ar extra	-sharp grated
3.5 cup chicken stock s	ee	
2 cup flour all-purpose		
0.5 teaspoon kosher sa	It to tas	ste

2 teaspoon double-acting baking powder

	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
Eq	juipment
	bowl
	oven
	pot
	blender
Di	rections
	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 in68 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

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, Luteolin: 0.15mg, Luteolin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 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 %: O% (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%)