



Turkey Pot Pie with Biscuit Crust

READY IN



45 min.

SERVINGS



4

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.1 teaspoon baking soda
- ☐ 0.5 cup butter divided
- ☐ 0.3 cup buttermilk
- ☐ 2 medium carrots chopped
- ☐ 2 rib celery chopped
- ☐ 0.3 cup chicken broth dry white
- ☐ 2 cups chicken broth
- ☐ 1.3 cups flour all-purpose divided

- ☐ 0.3 cup sage fresh minced
- ☐ 0.5 cup milk
- ☐ 1 medium onion diced divided
- ☐ 0.8 cup peas sweet green frozen thawed
- ☐ 0.5 teaspoon pepper
- ☐ 1.3 teaspoons salt divided
- ☐ 1.5 cups turkey cooked chopped

Equipment

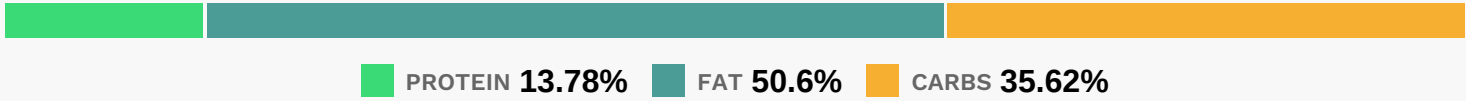
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Melt 2 tablespoons butter in a Dutch oven; add half of onion, carrot, and celery.
- ☐ Add 1 teaspoon salt and pepper; saute 5 to 6 minutes or until tender.
- ☐ Add wine; cook 3 to 4 minutes or until reduced by half.
- ☐ Add broth; bring to a boil. Reduce heat, and simmer 15 minutes.
- ☐ Stir together 1/2 cup flour and milk; add to wine mixture, and cook, stirring occasionally, 8 to 10 minutes or until thickened. Stir in turkey and peas.
- ☐ Pour into a 1 1/2-quart baking dish. Set aside.
- ☐ Cut 1/4 cup butter into pieces.
- ☐ Pulse butter pieces, remaining 3/4 cup flour, remaining 1/4 teaspoon salt, baking powder, and soda 4 to 6 times or until crumbly.
- ☐ Add remaining half of onion and sage; with machine running, gradually add buttermilk through food chute, processing until dough forms a ball. Turn out onto a heavily floured surface; knead 3 or 4 times.
- ☐ Roll into a 10-inch circle.

- ☐
- Place over turkey mixture, pressing to edges of dish to seal. Melt remaining 2 tablespoons butter; brush over dough. Make 1/4-inch-deep slashes in top with a knife.
- ☐
- Bake pot pie at 425 for 30 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:108.29, Glycemic Load:25.28, Inflammation Score:-10, Nutrition Score:25.066086872764%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 497.75kcal (24.89%), Fat: 27.31g (42.01%), Saturated Fat: 6.28g (39.24%), Carbohydrates: 43.25g (14.42%), Net Carbohydrates: 39.2g (14.25%), Sugar: 7.19g (7.98%), Cholesterol: 34.5mg (11.5%), Sodium: 1665.28mg (72.4%), Alcohol: 2.06g (100%), Alcohol %: 0.69% (100%), Protein: 16.73g (33.46%), Copper: 2.64mg (132.19%), Vitamin A: 6419.83IU (128.4%), Selenium: 23.48µg (33.55%), Manganese: 0.66mg (32.79%), Vitamin B1: 0.49mg (32.34%), Vitamin B3: 6.39mg (31.93%), Vitamin B2: 0.48mg (27.96%), Folate: 104.24µg (26.06%), Phosphorus: 239.52mg (23.95%), Vitamin B6: 0.4mg (19.96%), Vitamin C: 14.78mg (17.92%), Iron: 3.06mg (16.97%), Calcium: 168.76mg (16.88%), Fiber: 4.06g (16.23%), Potassium: 451.08mg (12.89%), Vitamin B12: 0.74µg (12.34%), Zinc: 1.7mg (11.35%), Vitamin K: 11.77µg (11.21%), Magnesium: 44.63mg (11.16%), Vitamin B5: 0.84mg (8.38%), Vitamin E: 1.26mg (8.37%), Vitamin D: 0.64µg (4.28%)