



Buttery Crab Pot Pies

READY IN



52 min.

SERVINGS



5

CALORIES



842 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 tablespoons butter (1 stick)
- 0.3 cup bottled clam juice
- 0.5 pound crab meat drained well
- 0.3 cup medium-dry sherry
- 1 eggs with 1 teaspoon water, to brush pastry beaten
- 2 tablespoons flour for dusting all-purpose plus more
- 1.5 cups milk
- 1 cup mushrooms sliced
- 1 cup peas frozen

- 2 sheets puff pastry frozen thawed
- 5 servings salt and cracked pepper black
- 1 small onion yellow chopped

Equipment

- bowl
- baking sheet
- oven
- pot
- ramekin

Directions

- Preheat the oven to 350 degrees F with a rack in the middle position.
- In a medium pot over medium heat, melt the butter.
- Add the onions and mushrooms and cook, stirring occasionally, until softened, 3 to 5 minutes.
- Sprinkle with salt and pepper.
- Sprinkle in the flour and cook, stirring constantly, for 1 minute.
- Add the milk, clam juice, and sherry. Bring to a boil and cook, stirring, until thickened, about 2 minutes.
- Add the crabmeat and peas.
- Remove from the heat and transfer to the refrigerator to cool.
- Meanwhile, unfold the pastry sheets on a lightly floured surface.
- Place 4 (8-ounce) ovenproof bowls or large ramekins rim down on the pastry and cut out 4 circles a bit larger than the bowls (you may need to roll the pastry out a bit to accommodate all the bowls).
- Brush the circles with the egg wash. Set the egg wash aside.
- When the crab filling has cooled, divide it among the 4 bowls.
- Brush the rims of the bowls with the egg wash, lay a pastry circle over each, and seal the edges.
- Cut steam vents in the pastry and brush with the egg mixture.

Place the bowls on a baking sheet and bake on the middle rack until the pastry is puffed and golden, 20 to 25 minutes.

Serve hot.

Nutrition Facts

PROTEIN 9.89% **FAT 62.62%** **CARBS 27.49%**

Properties

Glycemic Index:67.47, Glycemic Load:28.48, Inflammation Score:-8, Nutrition Score:24.768260831418%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 842.36kcal (42.12%), Fat: 58.37g (89.8%), Saturated Fat: 22.41g (140.04%), Carbohydrates: 57.64g (19.21%), Net Carbohydrates: 53.95g (19.62%), Sugar: 7.39g (8.21%), Cholesterol: 75.99mg (25.33%), Sodium: 1035.51mg (45.02%), Alcohol: 1.24g (100%), Alcohol %: 0.47% (100%), Protein: 20.75g (41.5%), Vitamin B12: 4.53µg (75.45%), Selenium: 45.3µg (64.71%), Vitamin B1: 0.58mg (38.49%), Manganese: 0.68mg (34.09%), Copper: 0.66mg (32.86%), Folate: 128.4µg (32.1%), Vitamin B2: 0.54mg (31.93%), Vitamin B3: 6.2mg (31.01%), Phosphorus: 296.04mg (29.6%), Zinc: 4.07mg (27.12%), Vitamin K: 24.87µg (23.69%), Vitamin C: 16.81mg (20.37%), Iron: 3.52mg (19.58%), Vitamin A: 929.98IU (18.6%), Magnesium: 62.33mg (15.58%), Fiber: 3.68g (14.73%), Calcium: 139.84mg (13.98%), Potassium: 442.04mg (12.63%), Vitamin B6: 0.23mg (11.71%), Vitamin B5: 0.82mg (8.2%), Vitamin E: 1.14mg (7.62%), Vitamin D: 0.84µg (5.62%)