



Creole Shrimp Pot Pies

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound andouille sausage thinly sliced
- ☐ 2 rib celery chopped
- ☐ 2.5 teaspoons creole seasoning divided
- ☐ 3 garlic cloves minced
- ☐ 1 small bell pepper green chopped
- ☐ 1 small onion chopped
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 10 plum tomatoes halved seeded

- ☐ 0.3 teaspoon salt
- ☐ 5 ounce pasteurized process sharp cheddar cheese spread
- ☐ 1 pound shrimp fresh
- ☐ 6 ounce tomato paste canned
- ☐ 0.5 cup water
- ☐ 11 ounce piecrust mix
- ☐ 11 ounce piecrust mix

Equipment

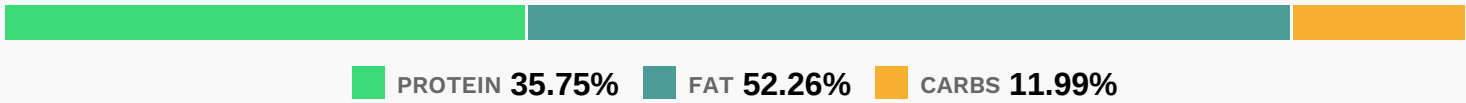
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Combine piecrust mix, cheese spread, and 1 teaspoon Creole seasoning with a pastry blender until crumbly.
- ☐ Sprinkle 1/2 cup water, 1 tablespoon at a time, evenly over surface; stir with a fork until dry ingredients are moistened. Shape into a ball. Chill 30 minutes.
- ☐ Place tomatoes, cut side down, on a 15- x 10-inch jellyroll pan lined with aluminum foil. Broil 5 inches from heat 14 to 16 minutes or until skin is charred; cool.
- ☐ Remove and discard skins, reserving tomatoes and liquid; coarsely chop tomatoes. Set aside.
- ☐ Peel shrimp; devein, if desired. Set aside.
- ☐ Cook sausage and next 4 ingredients in a large nonstick skillet over medium-high heat 7 minutes. Stir in tomato paste. Stir in roasted tomatoes with liquid, remaining 1 1/2 teaspoons Creole seasoning, salt, and pepper; bring just to a simmer.
- ☐ Add shrimp, and cook over medium heat just until shrimp turn pink. Do not overcook. Spoon mixture evenly into 4 (1 1/2- to 2-cup) ungreased ovenproof bowls.

- ☐ Divide piecrust mixture into 4 portions.
- ☐ Roll each portion on a lightly floured surface into 6 1/2-inch circles.
- ☐ Place dough over bowls. (Dough should overlap bowl slightly.)
- ☐ Place bowls on a large baking sheet.
- ☐ Bake at 425 for 25 to 30 minutes or until pastry is golden.
- ☐ Note: In testing, we used Betty Crocker Pie Crust
- ☐ Mix and Kraft Old English Cheese.

Nutrition Facts



Properties

Glycemic Index:66.5, Glycemic Load:3.45, Inflammation Score:-9, Nutrition Score:24.226086948229%

Flavonoids

Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg

Nutrients (% of daily need)

Calories: 485.16kcal (24.26%), Fat: 28.76g (44.24%), Saturated Fat: 12.05g (75.3%), Carbohydrates: 14.84g (4.95%), Net Carbohydrates: 11.13g (4.05%), Sugar: 8.03g (8.92%), Cholesterol: 266.77mg (88.92%), Sodium: 1041.37mg (45.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.26g (88.52%), Phosphorus: 556.46mg (55.65%), Vitamin C: 42.99mg (52.11%), Vitamin A: 2352.96IU (47.06%), Calcium: 371.7mg (37.17%), Copper: 0.7mg (35.09%), Selenium: 22.55µg (32.21%), Potassium: 1107.63mg (31.65%), Zinc: 4.7mg (31.36%), Vitamin B3: 5.17mg (25.83%), Magnesium: 90.51mg (22.63%), Vitamin B6: 0.44mg (22.22%), Manganese: 0.42mg (21.15%), Vitamin B2: 0.33mg (19.53%), Vitamin B1: 0.27mg (18.14%), Vitamin K: 18.18µg (17.32%), Vitamin E: 2.59mg (17.29%), Vitamin B12: 0.93µg (15.52%), Fiber: 3.71g (14.83%), Iron: 2.55mg (14.15%), Folate: 43.56µg (10.89%), Vitamin B5: 0.87mg (8.69%), Vitamin D: 1.01µg (6.71%)