



Crisp Phyllo-topped Salmon Pot Pie

READY IN



60 min.

SERVINGS



6

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon
- 1 bay leaves
- 4 tablespoons butter melted
- 1 celery stalks chopped
- 2 cups chicken broth
- 2 tablespoons chives sliced
- 8 ounces crimini mushrooms sliced
- 3 tablespoons flour all-purpose
- 2 garlic clove chopped

- 0.5 teaspoon pepper black
- 2 cups half and half
- 2 leek halved sliced
- 1 onion chopped
- 0.5 cup parmesan cheese freshly grated
- 6 sheets dough frozen thawed
- 1 pound potatoes - remove skin red cubed
- 1 pound salmon fillet skinless cut into 1-inch pieces
- 0.5 teaspoon salt

Equipment

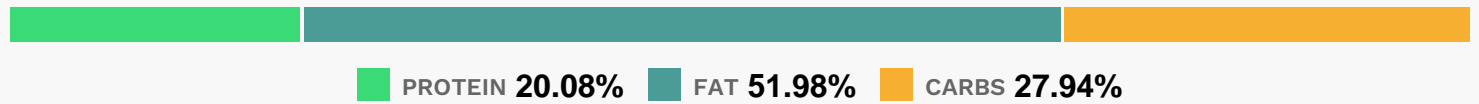
- bowl
- frying pan
- baking sheet
- oven
- whisk
- baking pan
- kitchen towels

Directions

- Preheat oven to 40
- Cook bacon in a large deep skillet over medium-high heat until crisp.
- Remove from pan; crumble and set aside.
- Add mushrooms and next 4 ingredients to skillet; cook, stirring often, 8 minutes or until mushrooms are lightly browned and all liquid has evaporated. Stir in broth and next 4 ingredients, and bring to a boil. Cover, reduce heat, and simmer 6 to 10 minutes or until potatoes are tender.
- Whisk together half-and-half and flour in a small bowl; add to skillet and cook, stirring constantly, 3 minutes or until mixture comes to a boil and thickens slightly.
- Add salmon, and cook 1 to 2 minutes or until opaque.

- Remove from heat, and stir in chives and reserved bacon. Spoon mixture into a lightly greased 2 1/2-quart baking dish.
- Place 1 phyllo sheet on a work surface. (Cover remaining phyllo with a damp kitchen towel to prevent drying.)
- Brush lightly with melted butter, and sprinkle evenly with about 1 tablespoon cheese. Top with another phyllo sheet. Repeat with remaining phyllo, butter, and cheese.
- Place stacked phyllo on top of salmon mixture, and tuck in corners.
- Place baking dish on a baking sheet.
- Bake 15 minutes or until golden brown and bubbly.

Nutrition Facts



Properties

Glycemic Index:60.17, Glycemic Load:7.41, Inflammation Score:-8, Nutrition Score:27.728695472945%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 540.37kcal (27.02%), Fat: 31.41g (48.32%), Saturated Fat: 14.8g (92.52%), Carbohydrates: 37.98g (12.66%), Net Carbohydrates: 35.06g (12.75%), Sugar: 7.32g (8.14%), Cholesterol: 108.38mg (36.13%), Sodium: 984.97mg (42.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.3g (54.6%), Selenium: 52.9µg (75.57%), Vitamin B3: 10.26mg (51.3%), Vitamin B2: 0.84mg (49.57%), Vitamin B6: 0.99mg (49.42%), Vitamin B12: 2.81µg (46.87%), Phosphorus: 435.18mg (43.52%), Vitamin B1: 0.51mg (34.23%), Potassium: 1160.23mg (33.15%), Copper: 0.58mg (29.12%), Manganese: 0.54mg (27.23%), Vitamin B5: 2.55mg (25.46%), Vitamin A: 1176.87IU (23.54%), Folate: 92.59µg (23.15%), Calcium: 217.89mg (21.79%), Vitamin K: 21.15µg (20.15%), Magnesium: 70.54mg (17.63%), Iron: 3.01mg (16.71%), Vitamin C: 13.07mg (15.84%), Zinc: 2.27mg (15.12%), Fiber: 2.92g (11.69%), Vitamin E: 0.87mg (5.78%)