



Mahi Mahi Pot Pie

READY IN



80 min.

SERVINGS



8

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce condensed cream of potato soup canned
- ☐ 2 9-inch deep dish pie crusts
- ☐ 1 teaspoon thyme leaves dried
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 1.5 pounds mahi mahi fillets
- ☐ 0.5 cup milk
- ☐ 15 ounce vegetables mixed with potatoes, drained canned
- ☐ 1 tablespoon vegetable oil

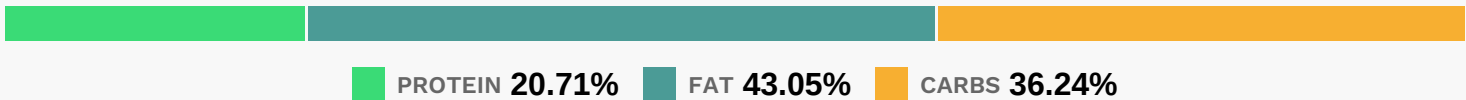
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ cutting board

Directions

- ☐ Preheat an oven to 375 degrees F (190 degrees C).
- ☐ Heat the vegetable oil in a large skillet over medium heat.
- ☐ Season the mahi mahi fillets with the thyme, salt, and black pepper; lay the seasoned fillets in the hot skillet. Cover the skillet and cook the fillets for 7 minutes, turn the fillets, and continue cooking the other side until the flesh flakes easily with a fork, 5 to 7 minutes.
- ☐ Remove the mahi mahi to a cutting board and cut into bite-size pieces, removing any visible bones as you notice them.
- ☐ Stir the cream of potato soup, milk, and mixed vegetables together in a saucepan over medium heat; season with salt and pepper. Allow the mixture to simmer, stirring occasionally, 5 minutes.
- ☐ Gently fold the mahi mahi pieces into the soup mixture.
- ☐ Line a 9-inch deep-dish pie plate with one of the prepared pie crusts.
- ☐ Pour the soup mixture with the mahi mahi into the pie crust.
- ☐ Lay the remaining pie crust atop the assembled pie. Seal the edges with wet fingertips.
- ☐ Bake in the preheated oven until the crust is a golden brown and the pie is heated through, 40 to 45 minutes. Allow to cool 10 to 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:2.55, Inflammation Score:-9, Nutrition Score:17.141304332277%

Nutrients (% of daily need)

Calories: 417.98kcal (20.9%), Fat: 20.03g (30.81%), Saturated Fat: 5.72g (35.76%), Carbohydrates: 37.93g (12.64%), Net Carbohydrates: 34.79g (12.65%), Sugar: 1.38g (1.53%), Cholesterol: 65.82mg (21.94%), Sodium: 535.63mg (23.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.67g (43.35%), Vitamin A: 2908.22IU (58.16%), Selenium: 34.82µg (49.75%), Vitamin B3: 7.45mg (37.27%), Manganese: 0.55mg (27.44%), Phosphorus: 221.31mg (22.13%), Vitamin B6: 0.44mg (21.97%), Iron: 3.05mg (16.96%), Potassium: 584.65mg (16.7%), Folate: 64.29µg (16.07%), Vitamin B1: 0.23mg (15.34%), Vitamin K: 14.37µg (13.69%), Vitamin B2: 0.22mg (12.84%), Fiber: 3.14g (12.56%), Vitamin B5: 1.25mg (12.53%), Magnesium: 49.4mg (12.35%), Copper: 0.21mg (10.38%), Vitamin B12: 0.61µg (10.13%), Zinc: 1.15mg (7.68%), Vitamin C: 5.59mg (6.78%), Calcium: 65mg (6.5%), Vitamin E: 0.88mg (5.9%), Vitamin D: 0.17µg (1.12%)