



## Mini Shrimp Pot Pie

READY IN



45 min.

SERVINGS



4

CALORIES



1221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.1 teaspoon pepper black
- 1 carrots diced
- 1 celery stalk diced
- 0.3 teaspoon pepper red crushed
- 0.5 cup cooking wine dry white
- 1 eggs
- 3 tablespoons flour all-purpose
- 2 cups milk 2% reduced-fat
- 6 mushrooms sliced

- 1 tablespoon olive oil
- 3 teaspoons olive oil divided
- 3 sheets puff pastry frozen thawed
- 0.1 teaspoon salt
- 0.3 teaspoon salt
- 8 large shrimp shelled sliced in half lengthwise
- 2 thyme sprigs
- 1 tablespoon water
- 0.3 teaspoon pepper white

## Equipment

- bowl
- frying pan
- ladle
- baking paper
- oven
- whisk

## Directions

- Preheat oven to 400; place rack in middle.
- Whisk egg with water in a bowl. Unfold puff pastry sheets on floured surface and roll out.
- Transfer to parchment paper-lined pan and pierce with a fork.
- Cut 4 circles out of each sheet with a 4-inch round cutter; cut holes in centers of circles, and discard middles. Stack 3 rings on top of each other, brushing top of each with egg wash; bake 15 minutes. Toss shrimp with crushed red pepper, 1/8 teaspoon salt, and black pepper. Saut shrimp in 2 teaspoons olive oil for 2 minutes; set aside.
- Add 1 teaspoon olive oil to pan, and saut carrot, celery, mushrooms, and thyme sprigs for 10 minutes.
- Add 1 tablespoon olive oil and flour; stir for 2 minutes.
- Add wine; simmer for 2 minutes.

- Add milk, and simmer for 5–10 minutes. Stir in shrimp and 1/4 teaspoon salt and white pepper. Ladle shrimp mixture evenly into pastry bowls.

## Nutrition Facts

**PROTEIN 8.11%** **FAT 59.88%** **CARBS 32.01%**

### Properties

Glycemic Index:83.46, Glycemic Load:48.82, Inflammation Score:-10, Nutrition Score:28.026086884996%

### Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

### Nutrients (% of daily need)

Calories: 1221.1kcal (61.06%), Fat: 80.22g (123.41%), Saturated Fat: 20.5g (128.12%), Carbohydrates: 96.47g (32.16%), Net Carbohydrates: 92.65g (33.69%), Sugar: 9.01g (10.02%), Cholesterol: 82.56mg (27.52%), Sodium: 787.3mg (34.23%), Alcohol: 3.09g (100%), Alcohol %: 0.92% (100%), Protein: 24.46g (48.91%), Selenium: 55.57µg (79.39%), Vitamin B1: 0.86mg (57.51%), Vitamin B2: 0.95mg (56.16%), Vitamin A: 2794.91IU (55.9%), Manganese: 1.06mg (52.9%), Vitamin B3: 9.4mg (47%), Folate: 173.63µg (43.41%), Vitamin K: 36.44µg (34.71%), Phosphorus: 327.47mg (32.75%), Iron: 5.73mg (31.86%), Copper: 0.42mg (21.07%), Calcium: 192.17mg (19.22%), Fiber: 3.81g (15.25%), Magnesium: 60.83mg (15.21%), Potassium: 525.9mg (15.03%), Vitamin E: 2.24mg (14.91%), Zinc: 2.24mg (14.91%), Vitamin B12: 0.74µg (12.26%), Vitamin B5: 1.12mg (11.24%), Vitamin B6: 0.18mg (8.86%), Vitamin C: 2.62mg (3.18%), Vitamin D: 0.28µg (1.87%)