



WHATSheATE



Seafood Chowder Pot Pie

READY IN



80 min.

SERVINGS



6

CALORIES



509 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon salt
- ☐ 2 cups baking potatoes diced peeled (2 medium russet potatoes)
- ☐ 4 slices bacon cut in half
- ☐ 0.3 cup flour all-purpose
- ☐ 16 oz bottled clam juice
- ☐ 0.3 cup whipping cream
- ☐ 0.5 teaspoon onion salt
- ☐ 1 cup peas-carrots mix shopping list frozen thawed
- ☐ 1 cup corn frozen thawed

- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 6 oz shrimp deveined cooked peeled
- ☐ 6 oz crabmeat flaked drained canned (1 cup)
- ☐ 1 sheet puff pastry frozen thawed () (from 17.3-oz package)

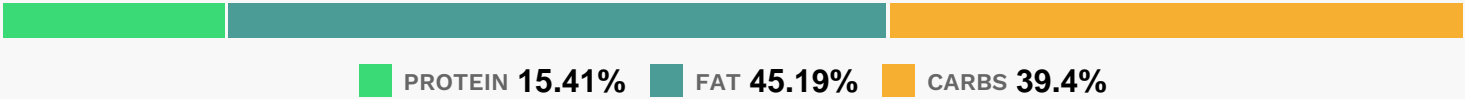
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan

Directions

- ☐ In 2-quart saucepan, heat 2 cups water and the salt to boiling over high heat.
- ☐ Add potatoes; heat to boiling. Reduce heat to medium; cover and simmer 5 to 7 minutes or until tender; drain.
- ☐ Heat oven to 400°F. Spray 11x7-inch (2-quart) baking dish with cooking spray.
- ☐ Meanwhile, in heavy 3-quart saucepan, cook bacon over medium heat, turning occasionally, until crisp.
- ☐ Remove bacon; crumble and set aside. Using wire whisk, stir flour into bacon drippings. Gradually stir in clam juice, whipping cream and onion salt.
- ☐ Heat until thickened and bubbly, stirring constantly. Stir in potatoes, bacon, peas and carrots, corn and thyme. Cook 3 to 4 minutes longer or until hot. Stir in shrimp and crabmeat. Spoon mixture into baking dish.
- ☐ On lightly floured surface, unfold pastry.
- ☐ Roll into 12x8-inch rectangle. With sharp knife, cut slits in pastry to allow steam to escape.
- ☐ Place pastry in baking dish over hot seafood mixture.
- ☐ Roll outer edges of pastry over edges of baking dish, and press onto edges.
- ☐ Bake 30 to 40 minutes or until crust is deep golden brown.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:43.46, Glycemic Load:20.96, Inflammation Score:-10, Nutrition Score:18.490434698437%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg

Nutrients (% of daily need)

Calories: 509.06kcal (25.45%), Fat: 25.92g (39.87%), Saturated Fat: 8.34g (52.1%), Carbohydrates: 50.85g (16.95%), Net Carbohydrates: 47.37g (17.22%), Sugar: 3.42g (3.8%), Cholesterol: 94.03mg (31.34%), Sodium: 1272.38mg (55.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.89g (39.77%), Vitamin A: 2537.81IU (50.76%), Selenium: 28.65µg (40.92%), Vitamin B1: 0.4mg (26.41%), Phosphorus: 260.86mg (26.09%), Copper: 0.52mg (26.03%), Manganese: 0.5mg (25.06%), Vitamin B3: 4.99mg (24.96%), Folate: 92.39µg (23.1%), Vitamin B6: 0.39mg (19.69%), Potassium: 628.19mg (17.95%), Vitamin B12: 1.06µg (17.6%), Vitamin C: 14.09mg (17.07%), Vitamin B2: 0.28mg (16.52%), Zinc: 2.46mg (16.43%), Iron: 2.92mg (16.22%), Magnesium: 60.81mg (15.2%), Fiber: 3.48g (13.92%), Calcium: 81.38mg (8.14%), Vitamin B5: 0.76mg (7.65%), Vitamin K: 7.9µg (7.52%), Vitamin E: 0.99mg (6.59%), Vitamin D: 0.22µg (1.45%)