



Seafood Pot Pie

READY IN



45 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce baby gourmet potato blend frozen thawed (such as Birds Eye)
- 0.5 pound bay scallops
- 10.8 ounce cream of mushroom soup reduced-fat reduced-sodium canned
- 0.7 cup half-and-half fat-free
- 0.3 cup basil fresh coarsely chopped
- 0.5 teaspoon pepper freshly ground
- 3 sheets phyllo pastry frozen thawed
- 0.5 teaspoon salt
- 0.5 pound shrimp fresh deveined peeled

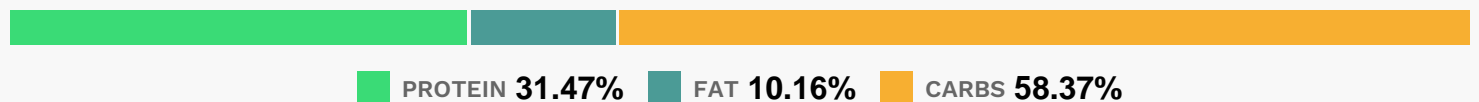
Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan

Directions

- Combine first 3 ingredients, tossing well.
- Place a large nonstick skillet over medium-high heat. Coat shrimp mixture with cooking spray.
- Add to skillet, and cook 2 minutes, stirring often.
- Remove from heat.
- Combine soup and half-and-half in a large bowl, stirring with a whisk.
- Add shrimp mixture, potato blend, basil, and salt, tossing gently.
- Pour mixture into a 1 1/2-quart square baking dish coated with cooking spray.
- Cut phyllo pastry in half crosswise. Work with only one sheet at a time, keeping remaining sheets covered with a damp towel. Coat one side of each sheet with cooking spray, and place lengthwise, coated side up, over shrimp mixture. Repeat procedure with remaining phyllo pastry, alternately placing phyllo crosswise and lengthwise over dish. Fold edges under, and gently press against sides of baking dish.
- Bake at 375 for 30 to 35 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:55.94, Glycemic Load:28.17, Inflammation Score:-5, Nutrition Score:19.86304364645%

Flavonoids

Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 353.38kcal (17.67%), Fat: 4g (6.15%), Saturated Fat: 1.64g (10.25%), Carbohydrates: 51.67g (17.22%), Net Carbohydrates: 46.79g (17.02%), Sugar: 3.55g (3.94%), Cholesterol: 110.67mg (36.89%), Sodium: 1240.78mg (53.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.86g (55.71%), Phosphorus: 517.24mg (51.72%), Vitamin C: 39.64mg (48.05%), Potassium: 1296.76mg (37.05%), Vitamin B6: 0.69mg (34.45%), Manganese: 0.68mg (33.95%), Copper: 0.63mg (31.57%), Magnesium: 93.12mg (23.28%), Zinc: 3.09mg (20.62%), Fiber: 4.88g (19.5%), Vitamin B3: 3.82mg (19.11%), Vitamin B12: 1.13µg (18.76%), Vitamin B1: 0.28mg (18.52%), Selenium: 12.33µg (17.62%), Iron: 3.12mg (17.35%), Vitamin B2: 0.26mg (15.36%), Folate: 61.33µg (15.33%), Calcium: 109.82mg (10.98%), Vitamin B5: 1.08mg (10.84%), Vitamin K: 10.84µg (10.32%), Vitamin A: 103.08IU (2.06%)