

Seafood Pot Pie

READY IN



45 min.

SERVINGS



4

CALORIES



1083 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups baking mix
- 1 pound bay scallops fresh
- 0.3 cup butter
- 3 tablespoons butter melted
- 1 cup buttermilk whole
- 1 cup celery minced
- 1.5 teaspoons creole seasoning
- 2 tablespoons cooking sherry dry
- 2 tablespoons flour all-purpose

- 1 cup mushrooms fresh sliced
- 0.5 teaspoon garlic powder
- 2 cups half-and-half
- 8 ounce lump crab meat
- 1 cup onion chopped
- 0.5 cup parmesan grated
- 0.5 cup cheddar shredded
- 1 pound shrimp fresh deveined peeled
- 0.5 cup cornmeal yellow

Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 350 degrees F. Lightly grease 4 (2-cup) oven safe bowls.
- Place bowls on a jelly roll pan.
- In a large skillet, melt butter over medium heat.
- Add onion, celery, mushrooms and cook 6 to 8 minutes, or until vegetables are tender, stirring occasionally. Stir in flour and cook 2 minutes, stirring constantly. Stir in Creole seasoning, sherry and cheese. Stir in half-and-half, and cook 5 minutes, or until thickened.
- Remove from heat and add shrimp, scallops and crab. Spoon into prepared dish.
- Spoon the Drop Buttermilk Biscuits evenly over each casserole.
- Bake for 20 minutes or until biscuits are golden.
- In a medium bowl, combine baking mix, cornmeal, garlic powder and cheese. Stir in buttermilk just until dry ingredients are moistened.
- Yields: 12 biscuits

Nutrition Facts



PROTEIN 25.66% FAT 46.89% CARBS 27.45%

Properties

Glycemic Index:117.88, Glycemic Load:13.05, Inflammation Score:-9, Nutrition Score:40.080869840539%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 1082.97kcal (54.15%), Fat: 56.17g (86.42%), Saturated Fat: 30.07g (187.92%), Carbohydrates: 73.99g (24.66%), Net Carbohydrates: 69.2g (25.16%), Sugar: 18.07g (20.07%), Cholesterol: 359.45mg (119.82%), Sodium: 2431.94mg (105.74%), Alcohol: 0.77g (100%), Alcohol %: 0.14% (100%), Protein: 69.18g (138.36%), Phosphorus: 1512.08mg (151.21%), Vitamin B12: 7.79µg (129.88%), Selenium: 57.96µg (82.8%), Calcium: 688.98mg (68.9%), Copper: 1.28mg (63.93%), Zinc: 8.78mg (58.51%), Vitamin B2: 0.92mg (54.17%), Magnesium: 168.53mg (42.13%), Folate: 164.74µg (41.18%), Vitamin B1: 0.59mg (39.25%), Potassium: 1307.61mg (37.36%), Vitamin A: 1829.1IU (36.58%), Vitamin B3: 6.17mg (30.83%), Manganese: 0.56mg (27.87%), Vitamin B6: 0.56mg (27.81%), Iron: 4.35mg (24.16%), Vitamin B5: 2.3mg (23.04%), Fiber: 4.79g (19.17%), Vitamin K: 16.18µg (15.41%), Vitamin C: 10.06mg (12.2%), Vitamin E: 1.51mg (10.06%), Vitamin D: 0.98µg (6.5%)