



Shrimp Creole Potpie

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 14.5 ounce canned tomatoes diced drained canned
- 1 cup celery diced
- 1 teaspoon basil dried
- 0.5 teaspoon thyme leaves dried
- 2 tablespoons flour all-purpose
- 0.5 cup parsley fresh chopped
- 10.6 ounce garlic breadsticks refrigerated

- 2 garlic cloves minced
- 1 cup bell pepper green chopped
- 0.5 cup green onions sliced
- 0.5 teaspoon hot sauce
- 0.5 cup rice instant uncooked
- 1 teaspoon juice of lemon
- 1 teaspoon olive oil
- 2 cups onion chopped
- 0.5 teaspoon salt
- 2 pounds shrimp deveined peeled
- 1 teaspoon sugar
- 1 tablespoon tomato paste
- 0.3 cup water
- 1 teaspoon worcestershire sauce

Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 35
- Heat olive oil in a large nonstick skillet over medium-high heat.
- Add chopped onion, and saut 5 minutes.
- Add celery and bell pepper, and saut 5 minutes. Stir in basil, thyme, and garlic, and saut 2 minutes. Stir in flour, and cook for 1 minute. Gradually stir in water and next 9 ingredients (water through tomatoes), and cook for 1 minute.
- Remove from heat, and stir in rice, green onions, and parsley. Spoon shrimp mixture into an 11 x 7-inch baking dish coated with cooking spray.

- Unroll both dough portions (do not separate dough into breadsticks); roll dough together, forming a 12 x 10-inch rectangle.
- Place dough on top of shrimp mixture, pressing to edge of dish.
- Cut 5 slits in top of crust to allow steam to escape. Gently brush 1 tablespoon garlic spread that is packaged with breadsticks over crust; reserve remaining spread for another use.
- Bake at 350 for 30 minutes or until golden brown and bubbly around the edges.
- Let stand 10 minutes.

Nutrition Facts

PROTEIN 42.69% **FAT 5.7%** **CARBS 51.61%**

Properties

Glycemic Index:85.71, Glycemic Load:17.04, Inflammation Score:-8, Nutrition Score:27.185217525648%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 1.58mg, Myricetin: 1.58mg, Myricetin: 1.58mg, Myricetin: 1.58mg Quercetin: 13.24mg, Quercetin: 13.24mg, Quercetin: 13.24mg, Quercetin: 13.24mg

Nutrients (% of daily need)

Calories: 337.72kcal (16.89%), Fat: 2.23g (3.43%), Saturated Fat: 0.41g (2.59%), Carbohydrates: 45.36g (15.12%), Net Carbohydrates: 40.49g (14.72%), Sugar: 7.99g (8.88%), Cholesterol: 243.43mg (81.14%), Sodium: 537.9mg (23.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.52g (75.04%), Vitamin K: 116.04µg (110.51%), Manganese: 1.4mg (70.25%), Vitamin C: 56.22mg (68.15%), Copper: 0.99mg (49.25%), Phosphorus: 478.33mg (47.83%), Vitamin B6: 0.91mg (45.71%), Potassium: 1084.66mg (30.99%), Calcium: 260.28mg (26.03%), Magnesium: 100.74mg (25.18%), Zinc: 3.26mg (21.74%), Iron: 3.86mg (21.43%), Fiber: 4.87g (19.48%), Vitamin A: 872.08IU (17.44%), Selenium: 11.4µg (16.28%), Vitamin B1: 0.24mg (15.9%), Folate: 49.22µg (12.3%), Vitamin B3: 2.04mg (10.19%), Vitamin B2: 0.16mg (9.58%), Vitamin E: 1.39mg (9.24%), Vitamin B5: 0.83mg (8.29%)