



Uncle Bubba's Seafood Pot Pie

READY IN



55 min.

SERVINGS



2

CALORIES



2089 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 fish-flavored bouillon cube (recommended: Knorr's)
- 1 tablespoons butter
- 2 tablespoons carrots cubed finely
- 2 tablespoons celery diced
- 1 eggs beaten
- 1 tablespoon fennel bulb diced
- 1 tablespoon flour all-purpose
- 1 clove garlic minced
- 2 tablespoons peas green

- 2 tablespoons tasso ham diced
- 1.3 cups heavy cream
- 0.3 cup lump crab meat picked over
- 1 pinch nutmeg freshly ground
- 2 tablespoons onion diced
- 4 large dozens oysters
- 1 box puff pastry sheets frozen (recommended: Pepperidge Farm)
- 3 large scallops
- 0.3 teaspoon seafood seasoning (recommended: Everglades Seasoning)
- 3 large shrimp deveined peeled
- 2 servings bell pepper white

Equipment

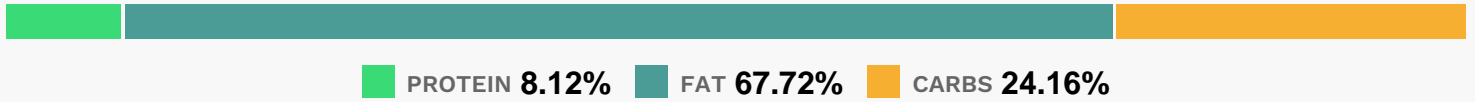
- bowl
- frying pan
- baking sheet
- baking paper
- oven

Directions

- Preheat oven to 375 degrees F.
- Thaw 1 sheet of puff pastry, unwrap it, and brush with beaten egg. Slice pastry into 1-inch wide strips. Weave strips into lattice design, sized to fit the top of a 1 1/2 quart oven-safe medium-sized serving bowl or casserole.
- Place pastry on a parchment paper-lined cookie sheet and bake until light golden brown.
- Remove from oven and let stand until needed.
- Adjust oven temperature to 350 degrees F.
- Melt butter in a medium skillet over medium heat.
- Add onions, fennel, garlic, celery, carrots, and green peas and saute until tender.

- Add scallops and tasso and continue to saute until scallops are barely halfway done.
- Sprinkle in flour and stir until coated.
- Add cream, nutmeg, seasoning, and bouillon. Increase the heat and bring to a boil, stirring constantly. When mixture reaches a boil, remove from heat.
- Add crabmeat, shrimp, and oysters and season, to taste, with white pepper.
- Pour into the oven-safe serving bowl. Top with the pre-baked lattice puff pastry and gently press down into filling.
- Bake about 10 minutes or until bubbly.
- Remove from the oven and let stand for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:238.08, Glycemic Load:63.57, Inflammation Score:-10, Nutrition Score:44.252174004264%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 2088.76kcal (104.44%), Fat: 158.23g (243.42%), Saturated Fat: 63.32g (395.75%), Carbohydrates: 127g (42.33%), Net Carbohydrates: 120.73g (43.9%), Sugar: 8.96g (9.96%), Cholesterol: 319.08mg (106.36%), Sodium: 1536.49mg (66.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.7g (85.4%), Selenium: 90.16µg (128.79%), Vitamin A: 5164.34IU (103.29%), Vitamin B1: 1.21mg (80.64%), Manganese: 1.52mg (76.2%), Vitamin B2: 1.19mg (70.05%), Folate: 252.21µg (63.05%), Vitamin B3: 12.39mg (61.94%), Phosphorus: 584.84mg (58.48%), Vitamin K: 59.57µg (56.73%), Vitamin B12: 3.32µg (55.33%), Iron: 8.41mg (46.7%), Zinc: 5.6mg (37.33%), Copper: 0.75mg (37.33%), Fiber: 6.27g (25.06%), Magnesium: 96.01mg (24%), Vitamin E: 3.35mg (22.36%), Potassium: 713.74mg (20.39%), Vitamin D: 2.92µg (19.49%), Calcium: 191.73mg (19.17%), Vitamin B6: 0.36mg (17.92%), Vitamin C: 12.06mg (14.61%), Vitamin B5: 1.1mg (11.02%)