

Seafood Pie

Mrs. Calvin S. Moore

River Road Recipes II (1976) - The Junior League, Baton Rouge, LA

Servings: 6

1 nine-inch pie shell
2 tablespoons butter or margarine
1/4 cup green pepper, chopped
1/4 cup green onions, chopped
1/4 cup celery, chopped
1 can (3 ounce) mushrooms
1/2 pound lump crabmeat
1/2 pound shrimp, boiled and peeled
1 cup Cheddar cheese, grated and divided
1/4 cup Parmesan cheese, grated
1 tablespoon lemon juice
1/8 teaspoon Tabasco sauce
1 egg, beaten
1/4 cup mayonnaise
1/4 cup slivered almonds

Preheat the oven to 400 degrees.

Bake the pie shell partially for 5 to 7 minutes.

In a large skillet, melt the butter. Sauté the green pepper, green onions, celery and mushrooms. Add the crabmeat, shrimp, 3/4 cup of Cheddar, Parmesan, lemon juice, Tabasco, egg and mayonnaise. Stir well to combine. (The mixture should be moist but not "runny", so drain off all excess liquid.) Spoon the mixture into the pie shell.

Bake for about 20 minutes. Add the almonds and the remaining 1/4 cup of Cheddar.

Bake for 10 minutes longer. (Baking time can be shortened slightly by heating the combined filling ingredients before spooning into the pie shell.)

If fresh seafood is not available, canned seafood can be effectively substituted.

Per Serving (excluding unknown items): 385 Calories; 24g Fat (56.9% calories from fat); 25g Protein; 17g Carbohydrate; 1g Dietary Fiber; 155mg Cholesterol; 598mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	385	Vitamin B6 (mg):	.1mg
% Calories from Fat:	56.9%	Vitamin B12 (mcg):	4.1mcg
% Calories from Carbohydrates:	17.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	25.9%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	24g	Folacin (mcg):	37mcg

Saturated Fat (g): 10g
Monounsaturated Fat (g): 10g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 155mg
Carbohydrate (g): 17g
Dietary Fiber (g): 1g
Protein (g): 25g
Sodium (mg): 598mg
Potassium (mg): 342mg
Calcium (mg): 278mg
Iron (mg): 2mg
Zinc (mg): 3mg
Vitamin C (mg): 10mg
Vitamin A (i.u.): 541IU
Vitamin A (r.e.): 142RE

Niacin (mg): 3mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0.00%

Food Exchanges

Grain (Starch): 1
Lean Meat: 3
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 4
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 385 **Calories from Fat:** 219

% Daily Values*

Total Fat	24g	37%
Saturated Fat	10g	49%
Cholesterol	155mg	52%
Sodium	598mg	25%
Total Carbohydrates	17g	6%
Dietary Fiber	1g	6%
Protein	25g	
Vitamin A		11%
Vitamin C		17%
Calcium		28%
Iron		13%

* Percent Daily Values are based on a 2000 calorie diet.