



Baby Egg Pies

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



278 kcal

Ingredients

- ☐ 8 servings enough cheddar to sprinkle on top grated
- ☐ 3 cherry tomatoes chopped
- ☐ 4 tbsp double cream
- ☐ 1 large eggs
- ☐ 1 small handful herbs fresh
- ☐ 1 large flat mushroom finely chopped
- ☐ 1 tbsp olive oil
- ☐ 0.5 onion finely chopped
- ☐ 0.5 cup peas frozen

☐ 250 g pastry crust

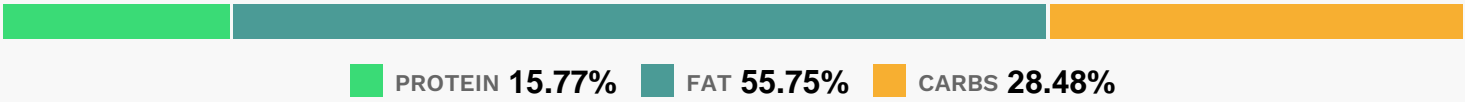
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 190c/375f/Gas 5.
- ☐ Rub a little olive oil into 8 holes of a muffin tin.
- ☐ Roll the pastry fairly thin and cut out circles of pastry to fit or a little larger than the muffin holes. I used a small bowl.
- ☐ Gently ease the pastry into each hole and prick the base once with a fork. I have tried blind baking these and to be honest, it worked out better when I pricked them with a fork. Much easier.
- ☐ Bake the pastry for 5 minutes. The bases will have risen a little. Gently push them down with the back of a teaspoon. Set aside.
- ☐ Saute the onion in the olive oil until soft and translucent, then add the mushrooms and cook until they are soft.
- ☐ Add the peas and tomatoes and warm through in the pan with the other ingredients for a couple of minutes. Season with black pepper.
- ☐ Spoon a little of the vegetable mixture into each pastry case.
- ☐ Whisk the eggs with the cream or milk and season with black pepper.
- ☐ Pour the egg mixture into the cases. Be generous, if the egg spills over the top of the case a little, it really doesn't matter as the egg will set anyway.
- ☐ Sprinkle each pie with some grated cheddar.¹
- ☐ Bake for a further 7–8 minutes until the egg is set.note: These will happily keep in the fridge for a few days in an airtight container, alternatively, you can freeze them.

Nutrition Facts



Properties

Glycemic Index:25.04, Glycemic Load:6.74, Inflammation Score:-5, Nutrition Score:9.5904347274614%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 277.8kcal (13.89%), Fat: 17.19g (26.45%), Saturated Fat: 8.39g (52.46%), Carbohydrates: 19.76g (6.59%), Net Carbohydrates: 18.44g (6.7%), Sugar: 1.42g (1.58%), Cholesterol: 61.72mg (20.58%), Sodium: 359.93mg (15.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.94g (21.88%), Selenium: 18.41µg (26.3%), Calcium: 229.33mg (22.93%), Phosphorus: 193.89mg (19.39%), Vitamin B2: 0.31mg (18.16%), Vitamin B1: 0.21mg (14.27%), Vitamin K: 13.47µg (12.83%), Vitamin A: 587.36IU (11.75%), Folate: 46.31µg (11.58%), Manganese: 0.21mg (10.42%), Zinc: 1.51mg (10.04%), Vitamin B3: 1.64mg (8.2%), Iron: 1.41mg (7.86%), Vitamin C: 6.36mg (7.71%), Vitamin B12: 0.39µg (6.45%), Fiber: 1.32g (5.27%), Magnesium: 18.82mg (4.71%), Vitamin E: 0.69mg (4.6%), Vitamin B5: 0.4mg (4.04%), Copper: 0.08mg (4%), Vitamin B6: 0.08mg (3.77%), Potassium: 119.95mg (3.43%), Vitamin D: 0.43µg (2.87%)