



Chicken & mushroom spud pies

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



485 kcal

Ingredients

- ☐ 4 large baking potatoes
- ☐ 2 tsp cooking oil
- ☐ 250 g pack chestnut mushroom quartered
- ☐ 1 tsp cornstarch
- ☐ 100 ml milk
- ☐ 2 chicken breast strips/pre-cooked/chopped shredded cooked
- ☐ 1 handful parsley chopped

Equipment

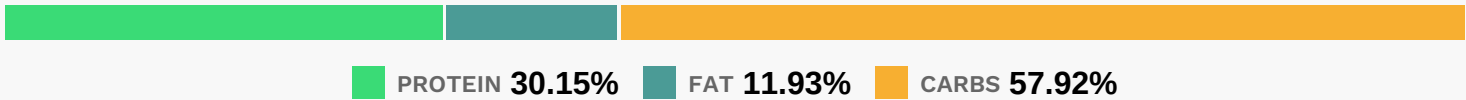
- ☐ frying pan

- ☐ oven
- ☐ microwave

Directions

- ☐ Microwave the potatoes for 10 mins on High, turning after 5 mins, and heat oven to 220C/fan 200C/gas
- ☐ Meanwhile, heat the oil in a frying pan, then fry the mushrooms over a high heat until golden. Stir in the cornflour, gradually add 100ml milk, then simmer to a smooth sauce. Season to taste, then stir in the chicken and parsley.
- ☐ Scoop most of the potato from the skins, then mash with the remaining milk and some seasoning. Spoon the chicken filling into the shells, top with the mash, then bake for 10 mins until golden and the skins have crisped a little.
- ☐ Serve with green veg or a salad.

Nutrition Facts



Properties

Glycemic Index:38.69, Glycemic Load:52.91, Inflammation Score:-6, Nutrition Score:30.777826039687%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 484.78kcal (24.24%), Fat: 6.51g (10.02%), Saturated Fat: 1.62g (10.12%), Carbohydrates: 71.09g (23.7%), Net Carbohydrates: 65.88g (23.96%), Sugar: 4.61g (5.12%), Cholesterol: 76.19mg (25.4%), Sodium: 96.24mg (4.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.01g (74.03%), Vitamin B6: 1.87mg (93.72%), Vitamin B3: 18.03mg (90.13%), Selenium: 41.97µg (59.95%), Potassium: 2083.12mg (59.52%), Phosphorus: 500.72mg (50.07%), Copper: 0.74mg (36.84%), Manganese: 0.69mg (34.28%), Vitamin B2: 0.56mg (33.1%), Vitamin B5: 2.98mg (29.78%), Magnesium: 119.04mg (29.76%), Vitamin B1: 0.44mg (29.16%), Vitamin C: 22.36mg (27.11%), Iron: 4.38mg (24.35%), Vitamin K: 24.98µg (23.79%), Fiber: 5.21g (20.84%), Zinc: 2.73mg (18.23%), Folate: 72.25µg (18.06%), Calcium: 105.22mg (10.52%), Vitamin B12: 0.49µg (8.24%), Vitamin E: 0.69mg (4.6%), Vitamin A: 147.76IU (2.96%), Vitamin D: 0.43µg (2.88%)