



## Chicken pie with a carrot thatch

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 large carrots
- ☐ 1 large potatoes
- ☐ 2 tbsp butter melted
- ☐ 1 slice ham cooked
- ☐ 3 fillet chicken breast
- ☐ 3 tbsp peas frozen
- ☐ 4 tbsp double cream

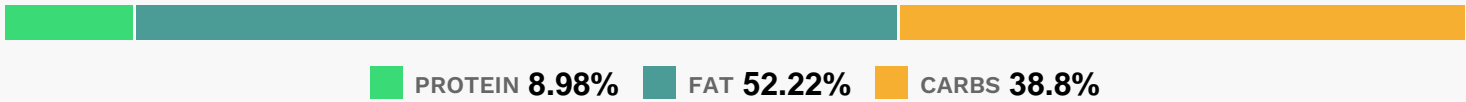
## Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ kitchen scissors
- ☐ pie form
- ☐ grater

## Directions

- ☐ Ask a grown-up to heat the oven to 200C/180C fan, then boil the carrot and potato whole for 5 minutes, then put them in a bowl of cold water to cool down. When cold, peel them carefully.
- ☐ Grate the carrot and potato (cut them into chunks first if you are using a rotary grater).
- ☐ Put the grated carrot and potato in a large bowl, add the melted butter and mix it all together.
- ☐ Cut the ham into small pieces using scissors or a small knife, then cut the chicken into pieces.
- ☐ Put the chicken and ham in a pie dish with the peas and cream and give everything a stir.
- ☐ Spoon the carrot thatch onto the pie and ask your grown-up helper to put the pie in the oven for 50 minutes or until the chicken and topping are cooked through.

## Nutrition Facts



## Properties

Glycemic Index:56.23, Glycemic Load:12.81, Inflammation Score:-9, Nutrition Score:10.802608723226%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## Nutrients (% of daily need)

Calories: 200.72kcal (10.04%), Fat: 11.9g (18.3%), Saturated Fat: 7.26g (45.38%), Carbohydrates: 19.89g (6.63%), Net Carbohydrates: 16.72g (6.08%), Sugar: 2.65g (2.95%), Cholesterol: 37.81mg (12.6%), Sodium: 149.94mg (6.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.21%), Vitamin A: 3493.14IU (69.86%), Vitamin C:

25.47mg (30.87%), Vitamin B6: 0.34mg (17.25%), Potassium: 511.82mg (14.62%), Fiber: 3.17g (12.7%), Manganese: 0.22mg (10.83%), Vitamin B1: 0.16mg (10.44%), Phosphorus: 103.45mg (10.35%), Vitamin B3: 1.72mg (8.62%), Vitamin K: 7.9µg (7.52%), Magnesium: 29.95mg (7.49%), Copper: 0.14mg (6.87%), Folate: 26.55µg (6.64%), Vitamin B2: 0.1mg (6.05%), Iron: 1.02mg (5.65%), Vitamin B5: 0.45mg (4.52%), Zinc: 0.65mg (4.35%), Selenium: 2.64µg (3.78%), Calcium: 31.88mg (3.19%), Vitamin E: 0.45mg (2.98%), Vitamin B12: 0.14µg (2.27%), Vitamin D: 0.24µg (1.61%)