



Crispy chicken & asparagus pie

READY IN



20 min.

SERVINGS



4

CALORIES



346 kcal

Ingredients

- ☐ 4 chicken breasts boneless skinless cut into bite-size pieces
- ☐ 1 knob butter
- ☐ 100 g asparagus cut into bite-size pieces
- ☐ 100 g spring vegetable green (we used baby spinch and defrosted peas)
- ☐ 100 g ham
- ☐ 100 ml crème fraîche low-fat
- ☐ 50 g breadcrumbs fresh

Equipment

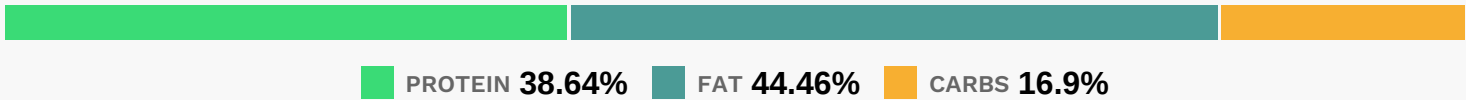
- ☐ bowl

- ☐ baking pan
- ☐ grill

Directions

- ☐ Heat grill to medium.
- ☐ Spread the chicken out evenly in a shallow baking dish. Dot with half the butter and grill for 7–10 mins, turning occasionally until cooked through. Meanwhile, put the vegetables in a bowl and pour a kettle of boiling water over them. Leave for 2–3 mins, then drain.
- ☐ Scatter the veg and ham over the chicken, dollop on the crme frache and season to taste.
- ☐ Sprinkle on the breadcrumbs, dot with remaining butter, then slide under the grill for 5 mins more until heated through and the topping is crisp.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:1.21, Inflammation Score:-8, Nutrition Score:19.991738749587%

Flavonoids

Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

Nutrients (% of daily need)

Calories: 345.71kcal (17.29%), Fat: 16.91g (26.02%), Saturated Fat: 7.47g (46.71%), Carbohydrates: 14.46g (4.82%), Net Carbohydrates: 12.37g (4.5%), Sugar: 2.08g (2.31%), Cholesterol: 113.45mg (37.82%), Sodium: 572.87mg (24.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.07g (66.14%), Vitamin B3: 14.31mg (71.56%), Selenium: 46.61µg (66.59%), Vitamin B6: 1.01mg (50.67%), Phosphorus: 358.91mg (35.89%), Vitamin A: 1775.01IU (35.5%), Vitamin B1: 0.41mg (27.65%), Vitamin B5: 1.99mg (19.9%), Vitamin B2: 0.32mg (18.69%), Potassium: 649.24mg (18.55%), Magnesium: 51.54mg (12.89%), Manganese: 0.24mg (11.92%), Zinc: 1.75mg (11.66%), Vitamin K: 12.18µg (11.6%), Iron: 2.03mg (11.28%), Folate: 40.51µg (10.13%), Fiber: 2.09g (8.35%), Vitamin B12: 0.49µg (8.16%), Copper: 0.16mg (7.9%), Calcium: 68.33mg (6.83%), Vitamin C: 5.57mg (6.76%), Vitamin E: 0.81mg (5.41%), Vitamin D: 0.29µg (1.92%)