



WHATSheATE



Deep-dish cheese, onion & potato pie



Vegetarian

READY IN



130 min.

SERVINGS



6

CALORIES



605 kcal

Ingredients

- ☐ 200 g strong hard grated cut into small chunks (we used cheddar)
- ☐ 200 ml crème fraîche
- ☐ 500 g pastry crust
- ☐ 1 kg floury potatoes thinly sliced
- ☐ 2 onions finely sliced
- ☐ 1 bunch spring onion roughly chopped
- ☐ 1 small pinch nutmeg grated
- ☐ 1 large pinch paprika
- ☐ 1 eggs beaten

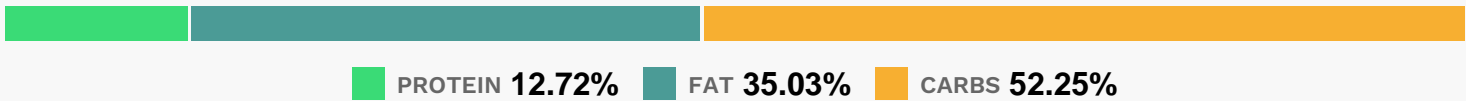
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ cake form
- ☐ pie form

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ In a small bowl, mix the grated cheddar with the crme frache, then set aside. Grease and lightly flour a ceramic or metal pie dish, or shallow cake tin, about 23cm wide.
- ☐ Roll out two-thirds of the pastry on a lightly floured surface until large enough to line the tin with a little overhang.
- ☐ Place a layer of potatoes over the tart and scatter over some of the sliced onions, spring onions and chunks of cheese. Season with salt, pepper, nutmeg and paprika.
- ☐ Layer over more potatoes, scatter again with more onions and cheese, then splodge over half the crme frache mix. Repeat with 2 more layers (the potatoes will come up way above the pastry), pushing the filling down slightly, then finish with the remaining crme frache mix.
- ☐ Roll the remaining pastry so it fits over the potatoes.
- ☐ Brush the sides with egg, then lay the pastry over the top. Squeeze the edges together and trim with a knife. Crimp the sides and brush the top all over with egg.
- ☐ Place the pie on a baking sheet, bake for 30 mins, reduce the temperature to 180C/ fan 160C/gas 4, then carry on baking for 1 hr until golden. Leave the pie to rest for 10 mins, then serve straight from the dish cut into slices, with a salad or baked beans on the side.

Nutrition Facts



Properties

Glycemic Index:48.79, Glycemic Load:38.44, Inflammation Score:-8, Nutrition Score:23.193913159163%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg

Nutrients (% of daily need)

Calories: 605.02kcal (30.25%), Fat: 23.57g (36.27%), Saturated Fat: 11.23g (70.19%), Carbohydrates: 79.13g (26.38%), Net Carbohydrates: 73.11g (26.58%), Sugar: 4.39g (4.88%), Cholesterol: 79.73mg (26.58%), Sodium: 653.1mg (28.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.25g (38.51%), Selenium: 33.01µg (47.16%), Vitamin C: 36.6mg (44.36%), Vitamin B1: 0.62mg (41.53%), Phosphorus: 361.84mg (36.18%), Manganese: 0.72mg (35.97%), Vitamin B2: 0.59mg (34.46%), Calcium: 313.33mg (31.33%), Vitamin B6: 0.61mg (30.62%), Folate: 122.05µg (30.51%), Vitamin B3: 5.27mg (26.36%), Potassium: 905.16mg (25.86%), Fiber: 6.02g (24.07%), Iron: 4.32mg (24.02%), Magnesium: 68.76mg (17.19%), Zinc: 2.4mg (15.99%), Copper: 0.31mg (15.29%), Vitamin K: 15µg (14.28%), Vitamin A: 627.81IU (12.56%), Vitamin B5: 1.15mg (11.52%), Vitamin B12: 0.49µg (8.11%), Vitamin E: 0.57mg (3.78%), Vitamin D: 0.35µg (2.31%)