



WHATSheATE



HEALTH SCORE

57%

Fish pie with swede & potato topping



Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



382 kcal

Ingredients

- ☐ 500 g potatoes cut into chunks
- ☐ 1 medium rutabaga cut into chunks (weighing 600g 1lb 5oz)
- ☐ 200 g cheese with garlic and herbs low-fat soft
- ☐ 150 ml vegetable stock
- ☐ 4 tsp cornstarch with 2 tbsp cold water
- ☐ 650 g filets boneless skinless cut into large chunks
- ☐ 100 g shrimp cooked peeled
- ☐ 1 tsp parsley fresh chopped

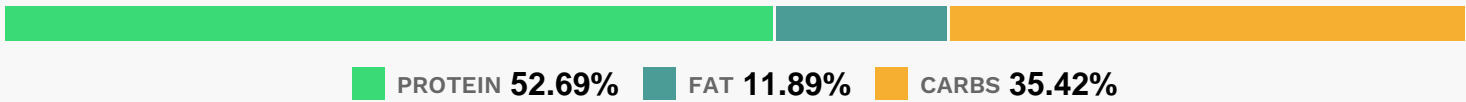
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ wooden spoon
- ☐ grill

Directions

- ☐ Cook the potatoes and swede in boiling water until tender (about 20 minutes).
- ☐ Preheat the oven to 190C/gas 5/fan 170C.While the potatoes and swede cook, put the soft cheese and stock into a large saucepan and heat gently, stirring with a wooden spoon, until blended and smooth. Now add the blended cornflour and cook until thick.
- ☐ Stir the fish into the sauce with the prawns and parsley. Season with some pepper.
- ☐ Tip the mixture into a 1.5 litre/2 pint baking dish.
- ☐ Drain the potatoes and swede, mash them well and season with black pepper. Spoon the mash over the fish to cover it completely.
- ☐ Bake for 25–30 minutes until piping hot, then transfer to a hot grill for a few minutes to brown the top.
- ☐ Serve with frozen peas or sweetcorn.

Nutrition Facts



Properties

Glycemic Index:58.19, Glycemic Load:20.59, Inflammation Score:-7, Nutrition Score:26.213478337164%

Flavonoids

Apigenin: 3.77mg, Apigenin: 3.77mg, Apigenin: 3.77mg, Apigenin: 3.77mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 2.06mg, Myricetin: 2.06mg, Myricetin: 2.06mg, Myricetin: 2.06mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 382.45kcal (19.12%), Fat: 4.98g (7.67%), Saturated Fat: 2.47g (15.42%), Carbohydrates: 33.41g (11.14%), Net Carbohydrates: 28.43g (10.34%), Sugar: 5.86g (6.51%), Cholesterol: 120.63mg (40.21%), Sodium: 591.77mg

(25.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.71g (99.43%), Selenium: 62.14µg (88.78%), Phosphorus: 748.04mg (74.8%), Vitamin C: 50.41mg (61.1%), Potassium: 1590.9mg (45.45%), Vitamin B6: 0.89mg (44.29%), Calcium: 306.07mg (30.61%), Magnesium: 116.87mg (29.22%), Vitamin B12: 1.72µg (28.73%), Vitamin B3: 5.37mg (26.86%), Vitamin B1: 0.32mg (21.09%), Fiber: 4.99g (19.95%), Manganese: 0.35mg (17.72%), Vitamin B2: 0.29mg (17.34%), Zinc: 2.57mg (17.15%), Copper: 0.32mg (16.03%), Folate: 57.18µg (14.29%), Iron: 2.37mg (13.16%), Vitamin D: 1.51µg (10.08%), Vitamin E: 1.37mg (9.15%), Vitamin B5: 0.86mg (8.65%), Vitamin A: 254.37IU (5.09%), Vitamin K: 3.54µg (3.37%)