



Gardener's Pie

 Very Healthy

READY IN



600 min.

SERVINGS



6

CALORIES



319 kcal

DESSERT

Ingredients

- ☐ 1 bay leaf
- ☐ 8 ounces black-eyed peas dried
- ☐ 1 teaspoon brown sugar
- ☐ 0.3 cup carrots chopped
- ☐ 0.5 cup celery root peeled chopped
- ☐ 1 cup chicken stock see unsalted such as Swanson
- ☐ 1 teaspoon cider vinegar
- ☐ 5 garlic cloves minced

- ☐ 0.5 cup gruyère cheese shredded
- ☐ 0.3 cup heavy cream
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons olive oil divided
- ☐ 0.8 cup onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 cup turnip peeled chopped
- ☐ 1 pound turnip greens coarsely chopped
- ☐ 3 cups water
- ☐ 1.5 pounds yukon gold potatoes peeled thinly sliced

Equipment

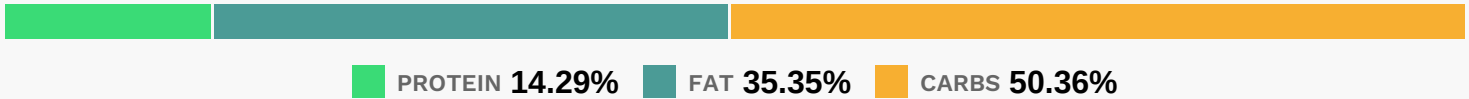
- ☐ sauce pan
- ☐ oven
- ☐ ramekin
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Sort and wash peas; place in a large Dutch oven. Cover with water to 2 inches above peas; cover and let stand 8 hours.
- ☐ Drain peas.
- ☐ Heat a large saucepan over medium-high heat.
- ☐ Add 1 tablespoon oil; swirl.
- ☐ Add onion, celery root, and carrot; saut 5 minutes or until onion begins to brown.
- ☐ Add peas, 3 cups water, and bay leaf; bring to a boil. Reduce heat, and simmer 1 hour and 15 minutes or until peas are tender. Discard bay leaf.
- ☐ Heat a large Dutch oven over medium-high heat.
- ☐ Add remaining 1 tablespoon oil; swirl to coat.

- ☐ Add turnip; saut 3 minutes or until edges begin to brown.
- ☐ Add garlic; saut 1 minute. Stir in greens and 1/2 teaspoon kosher salt; saut 1 minute.
- ☐ Add stock; stir until greens wilt. Cook 15 minutes or until greens are very tender.
- ☐ Remove from heat; stir in sugar and vinegar.
- ☐ Preheat oven to 35
- ☐ Lightly coat 6 (8-ounce) ramekins with cooking spray. Using a slotted spoon, spoon peas into prepared dish. Top evenly with greens mixture.
- ☐ Layer potatoes evenly over greens; sprinkle with 1/4 teaspoon salt and cheese.
- ☐ Drizzle with cream.
- ☐ Bake at 350 for 1 hour or until potatoes are tender and cheese is golden.

Nutrition Facts



Properties

Glycemic Index:62.76, Glycemic Load:18.66, Inflammation Score:-10, Nutrition Score:31.538261092227%

Flavonoids

Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 10.03mg, Kaempferol: 10.03mg, Kaempferol: 10.03mg, Kaempferol: 10.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Nutrients (% of daily need)

Calories: 319.08kcal (15.95%), Fat: 12.92g (19.88%), Saturated Fat: 5.29g (33.08%), Carbohydrates: 41.42g (13.81%), Net Carbohydrates: 32.83g (11.94%), Sugar: 6.6g (7.33%), Cholesterol: 24.51mg (8.17%), Sodium: 507.55mg (22.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.75g (23.5%), Vitamin A: 10208.46IU (204.17%), Vitamin K: 202.47µg (192.83%), Vitamin C: 76.27mg (92.44%), Folate: 256.48µg (64.12%), Manganese: 0.84mg (41.96%), Vitamin B6: 0.71mg (35.71%), Fiber: 8.59g (34.36%), Calcium: 313.25mg (31.33%), Copper: 0.58mg (29.01%), Potassium: 1010.65mg (28.88%), Phosphorus: 271.48mg (27.15%), Magnesium: 85.58mg (21.39%), Vitamin E: 3.19mg (21.28%), Vitamin B1: 0.28mg (18.44%), Iron: 3.08mg (17.12%), Vitamin B2: 0.24mg (14.27%), Vitamin B3: 2.78mg (13.88%), Zinc: 1.66mg (11.09%), Vitamin B5: 1.01mg (10.14%), Selenium: 5.68µg (8.11%), Vitamin B12: 0.19µg (3.2%), Vitamin D: 0.22µg (1.5%)