



Ham and Leek Pies

READY IN



60 min.

SERVINGS



4

CALORIES



713 kcal

Ingredients

- 0.3 cup butter cubed
- 3 medium carrots sliced
- 1.8 cups finely-chopped ham cubed fully cooked
- 1 eggs lightly beaten
- 0.5 cup flour all-purpose
- 0.5 pound mushrooms fresh sliced
- 2 tablespoons parsley fresh minced
- 0.3 teaspoon nutmeg
- 4 cups leek white sliced (serving only)
- 1.3 cups milk 2%

- 1 Dash pepper
- 1 sheet puff pastry frozen thawed
- 1.3 cups vegetable stock

Equipment

- sauce pan
- oven
- ramekin

Directions

- Preheat oven to 425°. In a large saucepan, heat butter over medium-high heat.
- Add leeks, mushrooms and carrots; cook and stir until tender.
- Stir in flour until blended. Gradually stir in milk and broth. Bring to a boil over medium heat, stirring constantly; cook and stir 2 minutes or until thickened.
- Remove from heat; stir in ham, parsley, nutmeg and pepper.
- On a lightly floured surface, unfold puff pastry; roll to 1/4-in. thickness. Using a 10-oz. ramekin as a template, cut out four tops for pies. Fill four greased 10-oz. ramekins with leek mixture; top with pastry.
- Cut slits in pastry.
- Brush tops with egg.
- Bake 18-22 minutes or until golden brown.
- Let stand 5 minutes before serving.

Nutrition Facts



PROTEIN 12.71% **FAT 52.26%** **CARBS 35.03%**

Properties

Glycemic Index:117.71, Glycemic Load:29.45, Inflammation Score:-10, Nutrition Score:34.159130376318%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 2.52mg, Kaempferol: 2.52mg, Kaempferol: 2.52mg, Kaempferol: 2.52mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 712.99kcal (35.65%), Fat: 41.9g (64.46%), Saturated Fat: 15.45g (96.56%), Carbohydrates: 63.19g (21.06%), Net Carbohydrates: 58.3g (21.2%), Sugar: 11.72g (13.02%), Cholesterol: 113.41mg (37.8%), Sodium: 1212.43mg (52.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.92g (45.84%), Vitamin A: 9941.57IU (198.83%), Vitamin K: 91.79µg (87.42%), Selenium: 41.48µg (59.26%), Vitamin B1: 0.79mg (52.93%), Vitamin B2: 0.84mg (49.59%), Manganese: 0.97mg (48.61%), Folate: 165.57µg (41.39%), Vitamin B3: 8.19mg (40.97%), Phosphorus: 388.41mg (38.84%), Vitamin C: 28.9mg (35.03%), Iron: 5.34mg (29.68%), Vitamin B6: 0.52mg (26.25%), Copper: 0.47mg (23.67%), Potassium: 813.59mg (23.25%), Vitamin B12: 1.23µg (20.54%), Vitamin B5: 2.05mg (20.53%), Fiber: 4.89g (19.56%), Calcium: 181.91mg (18.19%), Magnesium: 70.12mg (17.53%), Zinc: 2.58mg (17.21%), Vitamin E: 1.95mg (12.99%), Vitamin D: 0.33µg (2.22%)