



Ham & leek cobbler

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



274 kcal

Ingredients

- ☐ 2.5 tbsp olive oil
- ☐ 450 g leek trimmed sliced
- ☐ 450 ml vegetable stock
- ☐ 75 ml yogurt fat-free
- ☐ 1 tsp thyme leaves
- ☐ 140 g pea-mond dressing frozen
- ☐ 85 g ham shredded chunk
- ☐ 1 small apples grated

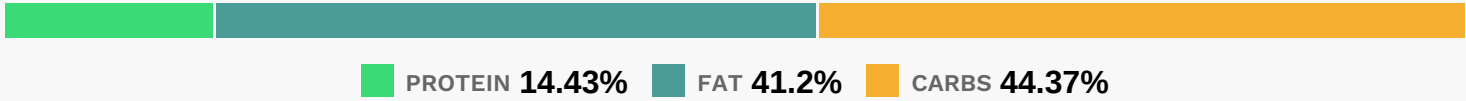
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Heat tbsp oil in a large pan, then fry the leeks, stirring for 5 mins until starting to soften.
- ☐ Add the stock, then simmer for 5 mins.
- ☐ Meanwhile, tip the flour into a bowl, make a well in the centre, then add the yogurt, remaining oil, thyme leaves and a little salt. Using a cutlery knife, mix to bring together to a soft dough. Divide into 4 and shape into rounds on a floured surface.
- ☐ Stir the peas, ham and grated apple into the leeks, then divide between 4 individual pie dishes or one large dish. Top each with a round of dough, scatter with more thyme, then bake for 20 mins until golden.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:8.52, Inflammation Score:-9, Nutrition Score:17.683043448821%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 3.06mg, Kaempferol: 3.06mg, Kaempferol: 3.06mg, Kaempferol: 3.06mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 274.25kcal (13.71%), Fat: 12.94g (19.91%), Saturated Fat: 2.61g (16.28%), Carbohydrates: 31.35g (10.45%), Net Carbohydrates: 26.13g (9.5%), Sugar: 11.86g (13.18%), Cholesterol: 13.56mg (4.52%), Sodium: 738.63mg (32.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.2g (20.39%), Vitamin K: 59.6µg (56.76%), Vitamin A: 2149.62IU (42.99%), Folate: 148.98µg (37.24%), Manganese: 0.73mg (36.39%), Fiber: 5.22g (20.89%), Vitamin B6: 0.4mg (20.21%), Iron: 3.57mg (19.84%), Vitamin C: 15.85mg (19.21%), Vitamin B1: 0.28mg (18.78%), Phosphorus: 174.24mg (17.42%), Vitamin E: 2.54mg (16.91%), Magnesium: 59.96mg (14.99%), Copper: 0.26mg (13.03%), Potassium: 451.25mg (12.89%), Calcium: 118.03mg (11.8%), Selenium: 7.52µg (10.75%), Vitamin B2: 0.16mg (9.18%), Zinc: 1.29mg (8.58%), Vitamin B3: 1.63mg (8.16%), Vitamin B5: 0.55mg (5.46%), Vitamin B12: 0.25µg (4.24%)