



Leftover lamb & potato pie

READY IN



35 min.

SERVINGS



2

CALORIES



685 kcal

Ingredients

- ☐ 11 oz lamb loins leftover
- ☐ 100 g lamb stock leftover
- ☐ 9 oz potatoes leftover
- ☐ 50 g cheese grated
- ☐ 2 tbsp breadcrumbs mixed with herbs

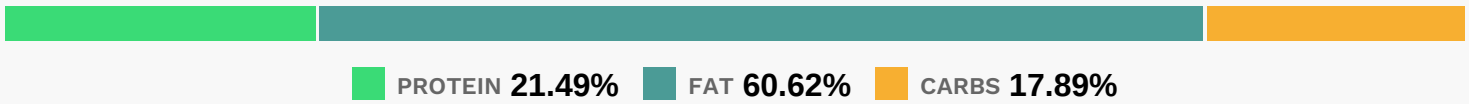
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Carve all leftover lamb off the bone, roughly chop and place in an ovenproof dish, or 2 individual pie dishes.
- ☐ Pour over some gravy, or if theres none left, just a bit of stock to moisten. Crumble the leftover potatoes over, then scatter with cheese and any leftover herb crumbs.
- ☐ Bake in the oven for 30 mins until golden on top and bubbling around the edge. If youve got any greens leftover, then quickly stir-fry to reheat and serve alongside.

Nutrition Facts



Properties

Glycemic Index:55.38, Glycemic Load:16.48, Inflammation Score:-5, Nutrition Score:24.810434849366%

Flavonoids

Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 684.72kcal (34.24%), Fat: 45.65g (70.22%), Saturated Fat: 20.84g (130.26%), Carbohydrates: 30.31g (10.1%), Net Carbohydrates: 27.05g (9.84%), Sugar: 1.7g (1.89%), Cholesterol: 138.82mg (46.27%), Sodium: 406.11mg (17.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.4g (72.81%), Vitamin B12: 3.9µg (65.03%), Vitamin B3: 11.31mg (56.57%), Selenium: 39.29µg (56.13%), Zinc: 6.75mg (45%), Phosphorus: 448.51mg (44.85%), Vitamin B2: 0.52mg (30.52%), Vitamin C: 25.13mg (30.46%), Vitamin B6: 0.61mg (30.42%), Potassium: 922.08mg (26.35%), Vitamin B1: 0.38mg (25.17%), Calcium: 235.31mg (23.53%), Iron: 3.93mg (21.86%), Magnesium: 73.14mg (18.28%), Copper: 0.33mg (16.45%), Folate: 64.43µg (16.11%), Manganese: 0.32mg (15.96%), Vitamin B5: 1.55mg (15.5%), Fiber: 3.26g (13.03%), Vitamin K: 9.3µg (8.85%), Vitamin A: 253.05IU (5.06%), Vitamin E: 0.52mg (3.47%), Vitamin D: 0.31µg (2.04%)