



Mini creamy mushroom pies



Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



303 kcal

Ingredients

- ☐ 25 g butter for greasing
- ☐ 1 tsp olive oil
- ☐ 1 small onion finely sliced
- ☐ 1 garlic clove crushed
- ☐ 350 g mushrooms mixed sliced
- ☐ 1 small handful parsley finely chopped
- ☐ 100 ml single cream
- ☐ 375 g pastry crust
- ☐ 1 eggs beaten

☐ 1 tsp caraway seeds

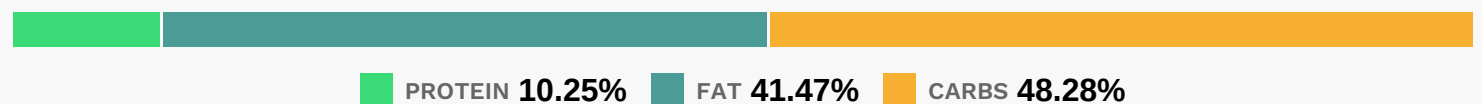
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ muffin tray

Directions

- ☐ Heat the butter and oil in a frying pan.
- ☐ Add the onion and fry until soft. Stir in the garlic and mushrooms, season and cook for 5 mins until the mushrooms are soft. Stir in the parsley and cream.
- ☐ Remove from the heat and allow to cool.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Grease a 6-hole muffin tin with butter, then line each hole with a long thin strip of baking parchment.
- ☐ Roll out the pastry on a lightly floured surface and stamp out 6 x 10 cm circles. Press a circle into each hole to line.
- ☐ Roll out the remaining pastry (you may need to re-roll trimmings) and stamp out 6 x 8cm circles.
- ☐ Divide the mushroom mix between the pies.
- ☐ Brush the pastry edges with a little egg, top each with a pastry lid and carefully press the pastry edges together to seal.
- ☐ Brush with the remaining egg and sprinkle with caraway seeds.
- ☐ Bake for 25-30 mins until golden. Allow to cool in the tin slightly before serving, or cool on a wire rack and keep in airtight containers for up to 1 day. Reheat before serving.

Nutrition Facts



Properties

Glycemic Index:34.83, Glycemic Load:12.76, Inflammation Score:-5, Nutrition Score:11.730434790902%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 302.68kcal (15.13%), Fat: 14.05g (21.61%), Saturated Fat: 6.69g (41.79%), Carbohydrates: 36.8g (12.27%), Net Carbohydrates: 34.67g (12.61%), Sugar: 1.82g (2.03%), Cholesterol: 54.93mg (18.31%), Sodium: 348.72mg (15.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.81g (15.63%), Selenium: 22.54µg (32.2%), Vitamin B2: 0.51mg (29.96%), Vitamin B1: 0.4mg (26.72%), Vitamin B3: 4.7mg (23.52%), Folate: 72.44µg (18.11%), Manganese: 0.36mg (17.81%), Iron: 2.57mg (14.26%), Copper: 0.27mg (13.27%), Vitamin K: 13.77µg (13.12%), Phosphorus: 129.35mg (12.94%), Vitamin B5: 1.24mg (12.43%), Fiber: 2.13g (8.54%), Potassium: 286.67mg (8.19%), Vitamin A: 371.99IU (7.44%), Vitamin B6: 0.12mg (5.94%), Zinc: 0.8mg (5.35%), Magnesium: 19.29mg (4.82%), Vitamin C: 3.31mg (4.01%), Vitamin E: 0.5mg (3.35%), Calcium: 32.28mg (3.23%), Vitamin D: 0.36µg (2.43%), Vitamin B12: 0.13µg (2.16%)