



Mini Savoury Mince Pies (veggie)

 Dairy Free

READY IN



55 min.

SERVINGS



10

CALORIES



142 kcal

Ingredients

- ☐ 1 large carrots finely chopped
- ☐ 1 tbsp cornflour
- ☐ 1 large flat mushroom chopped
- ☐ 1 tbsp olive oil
- ☐ 1 onion finely chopped
- ☐ 10 servings salt & pepper freshly ground to taste
- ☐ 1 block shortcrust pastry
- ☐ 0.5 pint/ 1 cup vegetable stock (1 cube)
- ☐ 100 g veggie mince frozen

- ☐ 3 tbsp vegetarian worcestershire sauce
- ☐ 0.3 pint

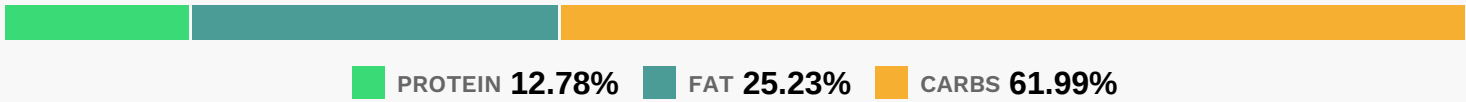
Equipment

- ☐ oven
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 200C/gas 6/fan 180C.
- ☐ Saute the onion and garlic in the olive oil until soft and translucent.
- ☐ Add the carrot and cook gently for a few minutes until starting to soften.
- ☐ Add the mushrooms and cook for another couple of minutes.
- ☐ Add the veggie mince and stir well.
- ☐ Mix the cornflour with a little of the stock and mix in.
- ☐ Add the rest of the stock and the wine. Simmer gently for 15 to 20 minutes until the gravy has thickened. Season and set aside to cool.
- ☐ Roll out the pastry and cut out 24 circles. Line a muffin tin with 12 of the circles and fill with mince filling. Wet the edge of the pastry and top with another pastry circle. Pinch together to seal. Make a little cut in the top of each to let out steam.
- ☐ Brush each pie with milk or egg wash and bake in the oven for 20–25 minutes until golden.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:6, Inflammation Score:-7, Nutrition Score:6.7313043046743%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg Malvidin: 2.6mg, Malvidin: 2.6mg, Malvidin: 2.6mg, Malvidin: 2.6mg Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Hesperetin: 0.12mg,
Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin:
0.33mg, Naringenin: 0.33mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin:
0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg,
Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg,
Kaempferol: 0.11mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin:
2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg,
Galocatechin: 0.01mg, Galocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 141.77kcal (7.09%), Fat: 3.56g (5.48%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 19.71g (6.57%), Net
Carbohydrates: 18.28g (6.65%), Sugar: 1.64g (1.82%), Cholesterol: 0mg (0%), Sodium: 446.05mg (19.39%), Alcohol:
1.99g (100%), Alcohol %: 2.95% (100%), Protein: 4.06g (8.13%), Vitamin A: 1207.56IU (24.15%), Vitamin B1: 0.29mg
(19.49%), Vitamin B12: 0.83µg (13.85%), Vitamin B3: 2.56mg (12.78%), Iron: 1.85mg (10.3%), Selenium: 6.96µg
(9.94%), Manganese: 0.19mg (9.3%), Vitamin B2: 0.14mg (8.49%), Folate: 29.35µg (7.34%), Vitamin B6: 0.12mg
(6.24%), Fiber: 1.43g (5.71%), Phosphorus: 56.49mg (5.65%), Potassium: 150.95mg (4.31%), Copper: 0.06mg (2.81%),
Vitamin K: 2.67µg (2.54%), Vitamin C: 1.95mg (2.36%), Magnesium: 9.36mg (2.34%), Zinc: 0.33mg (2.22%), Vitamin
E: 0.28mg (1.86%), Vitamin B5: 0.16mg (1.59%), Calcium: 15.19mg (1.52%)