



Picnic pie

 Very Healthy

READY IN



75 min.

SERVINGS



2

CALORIES



3884 kcal

Ingredients

- ☐ 2 servings butter for greasing
- ☐ 1000 g puff pastry
- ☐ 350 g sausage well (pork & apple variety works)
- ☐ 2 apples cored grated peeled
- ☐ 2 onion grated
- ☐ 2 tbsp thyme leaves
- ☐ 16 slices finely-chopped ham thick cooked fat trimmed
- ☐ 4 tbsp dijon mustard
- ☐ 2 eggs beaten

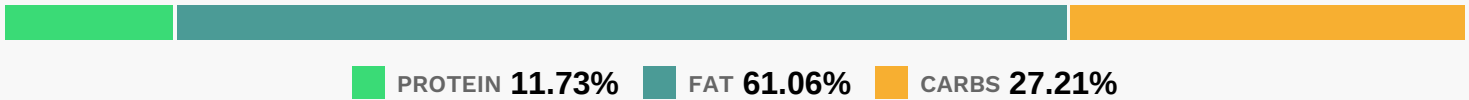
Equipment

- ☐ oven
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Butter 2 x 20cm springform tins or deep, loose-based tart tins.
- ☐ Cut one-third of the pastry off each block.
- ☐ Roll out the smaller pieces of pastry, then cut a circle from each to make the top of the pie use a tin base as a template.
- ☐ Roll out two-thirds of the pastry from each block and line the tins, leaving a good amount of excess hanging over the edge.
- ☐ Mix the sausagemeat with the apples, onions and thyme, and divide into 4 portions. Line each pie with 4 slices of ham and spread 1 tbsp mustard over the ham in each pie.
- ☐ Add a quarter of the sausagemeat to each pie and press down to level it.
- ☐ Add another layer of ham and mustard to each, then the rest of the sausagemeat and level off the tops.
- ☐ Put the pastry lids on top and brush with beaten egg. Fold the excess pastry over and press gently. Trim off any wodgy bits to make the lid look as attractive as possible.
- ☐ Brush again with beaten egg and cut a steam hole in the centre.
- ☐ Bake for 50 mins or until a skewer pushed in through the steam hole comes out very hot. Cool in the tin for 15 mins, then release the sides of the tin and cool completely on a rack (still on the bases).
- ☐ Serve cold, cut into wedges with pickles and salad. Or slide off the base and wrap tightly in foil, then cling film and freeze.

Nutrition Facts



Properties

Glycemic Index:135, Glycemic Load:131.42, Inflammation Score:-10, Nutrition Score:68.621738765551%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 3.41mg, Luteolin: 3.41mg, Luteolin: 3.41mg, Luteolin: 3.41mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 29.63mg, Quercetin: 29.63mg, Quercetin: 29.63mg, Quercetin: 29.63mg

Nutrients (% of daily need)

Calories: 3883.54kcal (194.18%), Fat: 263.79g (405.83%), Saturated Fat: 71.57g (447.32%), Carbohydrates: 264.51g (88.17%), Net Carbohydrates: 248.5g (90.36%), Sugar: 27.88g (30.98%), Cholesterol: 463.95mg (154.65%), Sodium: 5376.68mg (233.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 114.04g (228.09%), Selenium: 189.66µg (270.94%), Vitamin B1: 3.82mg (254.53%), Vitamin B3: 37.65mg (188.27%), Manganese: 3.02mg (150.87%), Vitamin B2: 2.49mg (146.72%), Phosphorus: 1370.39mg (137.04%), Folate: 450.91µg (112.73%), Iron: 19.57mg (108.7%), Vitamin C: 81.26mg (98.49%), Vitamin B12: 5.05µg (84.1%), Zinc: 12.59mg (83.96%), Vitamin K: 86.58µg (82.45%), Vitamin B6: 1.54mg (77.03%), Fiber: 16.01g (64.03%), Copper: 1.13mg (56.28%), Potassium: 1873.33mg (53.52%), Magnesium: 202.62mg (50.65%), Vitamin B5: 4.17mg (41.75%), Vitamin E: 4.07mg (27.1%), Vitamin D: 3.15µg (21.03%), Vitamin A: 953.15IU (19.06%), Calcium: 188.5mg (18.85%)