



Rich Mushroom & Neep Pie



Vegetarian



Vegan



Dairy Free

READY IN



75 min.

SERVINGS



10

CALORIES



182 kcal

Ingredients

- ☐ 6 flat cap mushrooms sliced
- ☐ 150 g baby button mushrooms
- ☐ 2 large cloves garlic finely chopped
- ☐ 2 onions halved sliced
- ☐ 1 tbsp flour plain
- ☐ 6 potatoes chopped
- ☐ 1 tbsp rapeseed oil cold pressed
- ☐ 100 ml red wine
- ☐ 10 servings grinding of salt & pepper black good

- ☐ 1 swede/keep chopped
- ☐ 50 g vegan margarine
- ☐ 250 ml vegetable stock

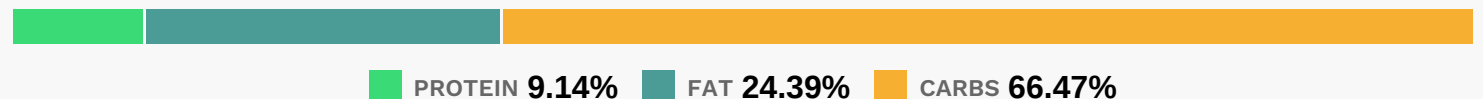
Equipment

- ☐ bowl
- ☐ oven
- ☐ casserole dish

Directions

- ☐ In separate pans, boil your swede and potatoes until tender.
- ☐ In separate bowls, mash your swede with butter and season and do the same to your potatoes. Set aside.
- ☐ While your swede and potatoes are cooking, saute the onions and garlic in the rapeseed oil until tender, then add the mushrooms and cook gently for 10–15 minutes until the mushrooms are soft and succulent. Stir in the flour.
- ☐ Add the red wine and stock and cook at a gentle simmer, with a lid on for 15–20 minutes until the wine and stock have turned into a thick sauce, then season.
- ☐ While the mushrooms are cooking, preheat the oven to 220c/200cfan/425f/gas mark 7.
- ☐ Transfer the mushrooms to a casserole dish and top first with the swede and then with the mash. Cook in the oven for 25–30 minutes until the potato topping is golden.
- ☐ Enjoy with a selection of green vegetables and a glass of rich red wine.

Nutrition Facts



Properties

Glycemic Index:37.97, Glycemic Load:19.32, Inflammation Score:-6, Nutrition Score:11.492173737806%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 1.4mg, Malvidin: 1.4mg, Malvidin: 1.4mg, Malvidin: 1.4mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 1.5mg, Apigenin: 1.5mg, Apigenin: 1.5mg, Apigenin: 1.5mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 182.44kcal (9.12%), Fat: 4.9g (7.54%), Saturated Fat: 1g (6.26%), Carbohydrates: 30.07g (10.02%), Net Carbohydrates: 25.75g (9.36%), Sugar: 4.44g (4.93%), Cholesterol: 0mg (0%), Sodium: 340.59mg (14.81%), Alcohol: 1.08g (100%), Alcohol %: 0.53% (100%), Protein: 4.13g (8.27%), Vitamin C: 36.96mg (44.8%), Vitamin B6: 0.48mg (24.22%), Potassium: 806.88mg (23.05%), Fiber: 4.33g (17.31%), Manganese: 0.33mg (16.38%), Vitamin B3: 2.71mg (13.56%), Copper: 0.27mg (13.54%), Phosphorus: 131.25mg (13.12%), Vitamin B1: 0.18mg (11.88%), Vitamin B2: 0.19mg (11.11%), Magnesium: 43.28mg (10.82%), Folate: 39.78µg (9.94%), Vitamin E: 1.35mg (8.99%), Vitamin B5: 0.88mg (8.82%), Selenium: 5.64µg (8.06%), Iron: 1.43mg (7.94%), Vitamin K: 6.46µg (6.15%), Vitamin A: 247.87IU (4.96%), Zinc: 0.74mg (4.92%), Calcium: 41.73mg (4.17%)