



HEALTH SCORE

100%

Rösti Bolognese pie



Gluten Free



Very Healthy

READY IN



90 min.

SERVINGS



2

CALORIES



1000 kcal

Ingredients

- ☐ 700 g potatoes
- ☐ 4 medium carrots
- ☐ 2 celery stalks
- ☐ 1 garlic clove
- ☐ 2 tbsp olive oil
- ☐ 500 g pack beef lean minced
- ☐ 400 g canned tomatoes chopped canned
- ☐ 350 g pepper sauce sweet red
- ☐ 50 g mature cheddar grated

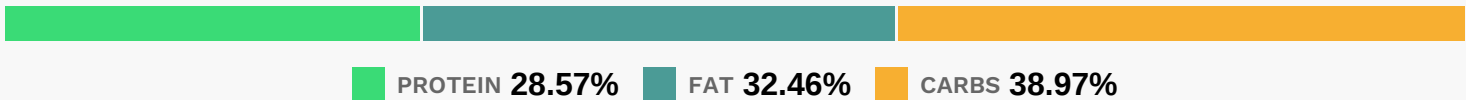
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Boil the potatoes for about 15 minutes until tender.
- ☐ Drain and leave to cool. Finely chop the carrots, celery and garlic in a food processor.
- ☐ Heat half the oil in a pan with a lid and add the chopped vegetables. Cover and cook over a medium heat for 5 minutes, stirring frequently.
- ☐ Remove the lid, turn the heat to high and cook for 2 minutes.
- ☐ Add the beef and cook, stirring, for about 3 minutes until browned.
- ☐ Add the tomatoes and sweet pepper sauce plus 4 tbsp of water and bring to the boil. Cover and simmer over a low heat for 25 minutes and season.
- ☐ Preheat the oven to fan 180C/conventional 200C/ gas
- ☐ Peel the potatoes and grate them into a bowl.
- ☐ Add the remaining oil and three quarters of the cheese, season and mix lightly.
- ☐ Spoon the beef into an ovenproof dish. Scatter over the rsti topping and sprinkle over the rest of the cheese.
- ☐ Bake for 35 minutes until bubbling and golden.

Nutrition Facts



Properties

Glycemic Index:144.79, Glycemic Load:55.25, Inflammation Score:-10, Nutrition Score:66.730434500653%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Kaempferol: 3.14mg, Kaempferol: 3.14mg, Kaempferol: 3.14mg, Kaempferol: 3.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 1000.08kcal (50%), Fat: 36.71g (56.47%), Saturated Fat: 12.67g (79.21%), Carbohydrates: 99.19g (33.06%), Net Carbohydrates: 80.5g (29.27%), Sugar: 24.81g (27.57%), Cholesterol: 180mg (60%), Sodium: 708.41mg (30.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.69g (145.38%), Vitamin A: 26566.17IU (531.32%), Vitamin C: 319.14mg (386.84%), Vitamin B6: 3.03mg (151.45%), Vitamin B3: 22.82mg (114.08%), Zinc: 15.95mg (106.34%), Potassium: 3719.96mg (106.28%), Vitamin B12: 5.86µg (97.75%), Phosphorus: 964.46mg (96.45%), Selenium: 53.35µg (76.22%), Fiber: 18.69g (74.75%), Iron: 12.55mg (69.72%), Manganese: 1.33mg (66.43%), Vitamin E: 9.02mg (60.14%), Vitamin B2: 0.95mg (56.01%), Magnesium: 218.71mg (54.68%), Copper: 1.04mg (51.76%), Folate: 204.91µg (51.23%), Vitamin K: 52.9µg (50.39%), Vitamin B1: 0.72mg (47.91%), Vitamin B5: 4.21mg (42.07%), Calcium: 366.21mg (36.62%), Vitamin D: 0.4µg (2.67%)