



Sausage & mash pies

 Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



1225 kcal

Ingredients

- ☐ 1 kg potatoes cut into even chunks
- ☐ 25 g butter
- ☐ 4 tbsp milk
- ☐ 85 g leicester diced red finely
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 1 large onion chopped
- ☐ 8 large meaty pork & leek sausages
- ☐ 175 ml chicken stock see
- ☐ 2 tomatoes cut into 6 wedges

☐ 4 servings baked beans

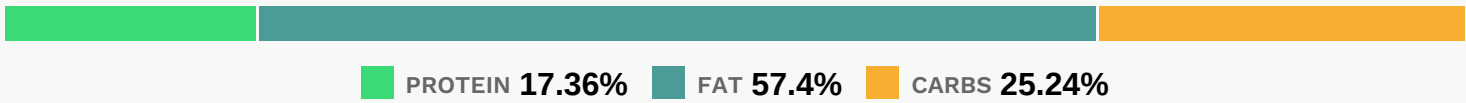
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Boil the potatoes for 20 mins, then drain and mash with the butter, milk and seasoning. Stir in the Red Leicester or cheddar.
- ☐ Meanwhile, heat the oil in a non-stick pan and fry the onion, stirring frequently, for 5 mins until softened.
- ☐ Add the sausages and break them up with a wooden spoon until you get a texture similar to chunky mince.
- ☐ Pour in the stock and simmer for 8 mins.
- ☐ Spoon the sausage mixture into 4 individual pie dishes. Top with the cheesy mash. You can freeze the pies for up to 2 months. Simply thaw in the fridge before baking.
- ☐ Bake for 25-30 mins until starting to turn golden. Top with the tomato wedges and serve with your child's favourite veg or baked beans.

Nutrition Facts



Properties

Glycemic Index:76.85, Glycemic Load:41.68, Inflammation Score:-8, Nutrition Score:41.353477851204%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 9.72mg, Quercetin: 9.72mg,

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Nutrients (% of daily need)

Calories: 1225.1kcal (61.26%), Fat: 78.7g (121.07%), Saturated Fat: 29.22g (182.62%), Carbohydrates: 77.85g (25.95%), Net Carbohydrates: 63.82g (23.21%), Sugar: 6.61g (7.34%), Cholesterol: 210.28mg (70.09%), Sodium: 2210.74mg (96.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.55g (107.11%), Vitamin B6: 1.66mg (83.21%), Vitamin C: 64.72mg (78.45%), Vitamin B3: 14.99mg (74.97%), Phosphorus: 740.87mg (74.09%), Potassium: 2305.97mg (65.88%), Vitamin B1: 0.95mg (63.64%), Zinc: 8.42mg (56.13%), Fiber: 14.03g (56.1%), Manganese: 0.98mg (49.11%), Iron: 7.05mg (39.17%), Copper: 0.77mg (38.68%), Magnesium: 152.02mg (38%), Vitamin B12: 2.18µg (36.38%), Vitamin B2: 0.55mg (32.43%), Calcium: 291.93mg (29.19%), Folate: 111.64µg (27.91%), Vitamin B5: 2.55mg (25.5%), Vitamin D: 3.1µg (20.69%), Vitamin A: 918.88IU (18.38%), Selenium: 11.45µg (16.36%), Vitamin E: 2.4mg (15.98%), Vitamin K: 11.42µg (10.88%)