



Sausage & mushroom pot pies

READY IN



52 min.

SERVINGS



2

CALORIES



1272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tsp olive oil
- ☐ 1 small onion chopped
- ☐ 6 pork sausage
- ☐ 250 g pack chestnut mushroom halved
- ☐ 1 tbsp coarse mustard
- ☐ 4 tbsp crème fraîche low-fat
- ☐ 1 small bunch parsley chopped
- ☐ 85 g ciabatta bread

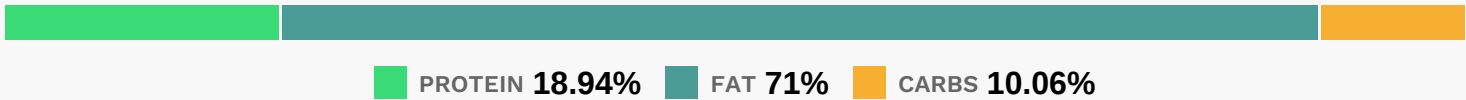
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat half the oil in a large frying pan.
- ☐ Add the onion and cook for 5 mins until softened, then push to one side. Squeeze the meat from the sausages and roll into balls.
- ☐ Add to the pan and fry for 5 mins until golden.
- ☐ Add the mushrooms and cook for 5 mins more until softened.
- ☐ Season, then stir in the mustard, crme frache and 4 tbsp water. Bubble for 2 mins, then remove from the heat and scatter in the parsley.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Transfer sausage mixture to 2 small pie dishes or 1 large baking dish. Toss the ciabatta in the remaining oil, scatter over the top of the pies and bake for 20 mins until golden and bubbling.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:1.02, Inflammation Score:-10, Nutrition Score:45.094347829404%

Flavonoids

Apigenin: 61.41mg, Apigenin: 61.41mg, Apigenin: 61.41mg, Apigenin: 61.41mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 4.24mg, Myricetin: 4.24mg, Myricetin: 4.24mg, Myricetin: 4.24mg Quercetin: 7.18mg, Quercetin: 7.18mg, Quercetin: 7.18mg, Quercetin: 7.18mg

Nutrients (% of daily need)

Calories: 1271.52kcal (63.58%), Fat: 100.03g (153.89%), Saturated Fat: 33.12g (207.01%), Carbohydrates: 31.89g (10.63%), Net Carbohydrates: 28.81g (10.48%), Sugar: 4.8g (5.33%), Cholesterol: 258.24mg (86.08%), Sodium: 2479.18mg (107.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.03g (120.06%), Vitamin K: 472.08µg (449.6%), Vitamin B3: 21.17mg (105.86%), Vitamin B1: 1.11mg (74.04%), Phosphorus: 660.67mg (66.07%), Vitamin B2: 1.11mg (65.22%), Vitamin B6: 1.26mg (62.88%), Zinc: 9.22mg (61.49%), Vitamin A: 2810.64IU (56.21%), Vitamin C: 43.11mg (52.26%), Selenium: 36.14µg (51.63%), Vitamin B12: 3.06µg (50.95%), Potassium: 1651.01mg (47.17%), Copper: 0.91mg (45.74%), Vitamin B5: 4.41mg (44.1%), Iron: 6.26mg (34.8%), Vitamin D: 4.53µg (30.21%), Folate: 86.57µg (21.64%), Magnesium: 82.46mg (20.61%), Manganese: 0.32mg (15.96%), Calcium: 129.4mg (12.94%), Fiber: 3.08g (12.3%), Vitamin E: 1.64mg (10.95%)