



Spanish chicken pie



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 kg potatoes chopped
- ☐ 3 tsp paprika smoked (use paprika if you have it)
- ☐ 2 tsp olive oil
- ☐ 2 onions sliced
- ☐ 2 garlic cloves crushed
- ☐ 800 g tomatoes chopped canned
- ☐ 300 g meat from a rotisserie chicken shredded cooked
- ☐ 140 g roasted pepper from a jar sliced (we like Karyatis)

☐ 1 handful kalamata olives halved

Equipment

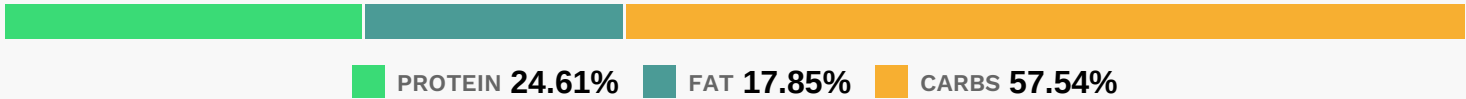
☐ frying pan

☐ oven

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Boil the potatoes for 15–20 mins until tender.
- ☐ Drain, return to the pan, then mash with some seasoning and 2 tsp of the paprika.
- ☐ Meanwhile, heat the oil in a large pan, then fry the onions and garlic for a few mins until softened. Stir in the remaining paprika for 1 min, add the tomatoes , then, bring to a simmer. Tip into a large ovenproof dish, then stir in the chicken, peppers, olives and some seasoning.
- ☐ Spoon over the mash, then bake for 15 mins until the mash is golden on top and the sauce is bubbling.

Nutrition Facts



Properties

Glycemic Index:48.44, Glycemic Load:37.38, Inflammation Score:-9, Nutrition Score:32.697391178297%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.94mg, Quercetin: 12.94mg, Quercetin: 12.94mg, Quercetin: 12.94mg

Nutrients (% of daily need)

Calories: 443.65kcal (22.18%), Fat: 9.13g (14.05%), Saturated Fat: 1.99g (12.42%), Carbohydrates: 66.26g (22.09%), Net Carbohydrates: 54.88g (19.96%), Sugar: 13.28g (14.75%), Cholesterol: 56.25mg (18.75%), Sodium: 895.92mg (38.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.33g (56.66%), Vitamin C: 88.48mg (107.24%), Vitamin B6: 1.53mg (76.28%), Vitamin B3: 11.42mg (57.1%), Potassium: 1983.99mg (56.69%), Manganese: 0.94mg

(46.86%), Fiber: 11.38g (45.5%), Copper: 0.77mg (38.34%), Phosphorus: 380.65mg (38.07%), Iron: 6.23mg (34.63%), Magnesium: 126.19mg (31.55%), Selenium: 21.13µg (30.19%), Vitamin B1: 0.44mg (29.3%), Vitamin A: 1407.44IU (28.15%), Vitamin E: 3.49mg (23.25%), Folate: 86.73µg (21.68%), Vitamin B5: 2.15mg (21.54%), Vitamin B2: 0.34mg (20%), Zinc: 2.65mg (17.64%), Vitamin K: 18.22µg (17.36%), Calcium: 142.77mg (14.28%), Vitamin B12: 0.22µg (3.63%)