



## Winter vegetable pie



Vegetarian



Very Healthy



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



407 kcal

### Ingredients



2 tbsp olive oil



2 onions sliced



1 tbsp flour



300 g carrots cut into small batons ( 2 large)



0.5 cauliflower



4 garlic cloves finely sliced



1 rosemary sprig finely chopped



400 g tomatoes chopped canned



200 g pea frozen

- ☐ 900 g potatoes cut into chunks
- ☐ 1 ml up /7fl oz milk

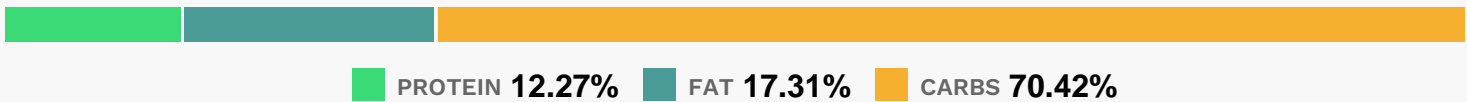
## Equipment

- ☐ sauce pan
- ☐ grill
- ☐ pie form

## Directions

- ☐ Heat 1 tbsp of the oil in a flameproof dish over a medium heat.
- ☐ Add the onions and cook for 10 mins until softened, then stir in the flour and cook for a further 2 mins.
- ☐ Add the carrots, cauliflower, garlic and rosemary, and cook for 5 mins, stirring regularly, until they begin to soften.
- ☐ Tip the tomatoes into the vegetables along with a can full of water. Cover with a lid and simmer for 10 mins, then remove the lid and cook for 10–15 mins more, until the sauce has thickened and the vegetables are cooked. Season, stir in the peas and cook for 1 min more.
- ☐ Meanwhile, boil the potatoes for 10–15 mins until tender.
- ☐ Drain, then place back in the saucepan and mash. Stir through enough milk to reach a fairly soft consistency, then add the remaining olive oil and season.
- ☐ Heat the grill. Spoon the hot vegetable mix into a pie dish, top with the mash and drag a fork lightly over the surface.
- ☐ Place under the grill for a few mins until the top is crisp golden brown.

## Nutrition Facts



## Properties

Glycemic Index:120.4, Glycemic Load:39.27, Inflammation Score:-10, Nutrition Score:34.37869573838%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 2.6mg, Kaempferol: 2.6mg, Kaempferol: 2.6mg, Kaempferol: 2.6mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 13.34mg, Quercetin: 13.34mg, Quercetin: 13.34mg, Quercetin: 13.34mg

Nutrients (% of daily need)

Calories: 407.38kcal (20.37%), Fat: 8.23g (12.66%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 75.32g (25.11%), Net Carbohydrates: 60.63g (22.05%), Sugar: 15.11g (16.79%), Cholesterol: 0.03mg (0.01%), Sodium: 223.81mg (9.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.13g (26.25%), Vitamin A: 12759.07IU (255.18%), Vitamin C: 97.82mg (118.56%), Vitamin B6: 1.2mg (60.21%), Fiber: 14.7g (58.79%), Manganese: 1.12mg (55.89%), Folate: 222.27µg (55.57%), Potassium: 1929.19mg (55.12%), Vitamin K: 35.96µg (34.24%), Copper: 0.65mg (32.75%), Vitamin B1: 0.49mg (32.52%), Phosphorus: 318.97mg (31.9%), Magnesium: 124.78mg (31.19%), Iron: 5.14mg (28.54%), Vitamin B3: 5.14mg (25.69%), Vitamin E: 2.99mg (19.92%), Vitamin B5: 1.93mg (19.28%), Vitamin B2: 0.27mg (15.65%), Zinc: 2.08mg (13.9%), Calcium: 132.63mg (13.26%), Selenium: 4.37µg (6.25%)