



Beanburger puffs

READY IN



40 min.

SERVINGS



12

CALORIES



395 kcal

SIDE DISH

Ingredients

- ☐ 820 g borlotti bean drained canned
- ☐ 0.5 tsp thyme leaves dried
- ☐ 2 tsp chilli sauce hot
- ☐ 140 g gruyere cheese grated
- ☐ 375 g ready-rolled puff pastry
- ☐ 12 servings milk beaten

Equipment

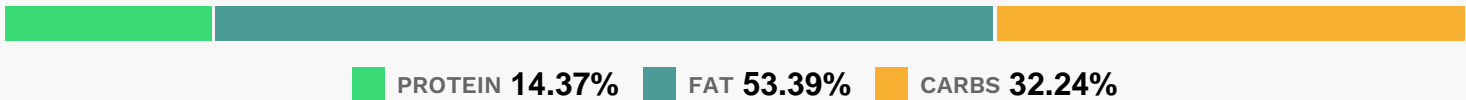
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat the oven to fan 180C/ conventional 200C/gas
- ☐ In a large bowl, roughly mash the beans then stir in the herbs and chilli sauce, and most of the cheese (save a handful).
- ☐ Open out the pastry on to a floured surface you need a 30x40cm rectangle, so you may have to roll it out a bit further. Then cut into three strips, each 10x40cm.
- ☐ Roll the bean mixture into long sausages and line down the centre of each piece of pastry. Dampen one long edge then roll up tightly to enclose the filling.
- ☐ Cut each length into four to give a total of 12 rolls.
- ☐ Place join-side down on a nonstick baking sheet, brush with a little egg or milk and scatter over the reserved cheese.
- ☐ Bake for 15–20 minutes until puffed and lightly browned. The filling may ooze out a little, but if you leave them on the tray for 5 minutes while the cheese cools, any oozing will set, making the rolls easy to lift off. Eat warm, or leave to cool on a wire rack and serve later.

Nutrition Facts



Properties

Glycemic Index:9.08, Glycemic Load:12.36, Inflammation Score:-6, Nutrition Score:14.73391311065%

Nutrients (% of daily need)

Calories: 394.59kcal (19.73%), Fat: 23.55g (36.24%), Saturated Fat: 9.77g (61.08%), Carbohydrates: 32g (10.67%), Net Carbohydrates: 28.16g (10.24%), Sugar: 13.63g (15.15%), Cholesterol: 42.11mg (14.04%), Sodium: 264.81mg (11.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.27g (28.53%), Calcium: 430.38mg (43.04%), Phosphorus: 348.19mg (34.82%), Vitamin B2: 0.48mg (28.1%), Vitamin B12: 1.5µg (25.07%), Selenium: 14.37µg (20.53%), Vitamin B1: 0.28mg (18.8%), Vitamin D: 2.75µg (18.36%), Vitamin C: 13.83mg (16.77%), Fiber: 3.84g (15.37%), Potassium: 497.49mg (14.21%), Magnesium: 46.81mg (11.7%), Zinc: 1.73mg (11.56%), Vitamin B5: 1.07mg (10.68%), Manganese: 0.21mg (10.49%), Vitamin A: 522.76IU (10.46%), Vitamin B6: 0.19mg (9.69%), Vitamin B3:

1.71mg (8.55%), Folate: 33.9µg (8.48%), Iron: 1.3mg (7.23%), Vitamin K: 7.28µg (6.94%), Vitamin E: 0.64mg (4.28%),
Copper: 0.08mg (3.75%)