



Cheese & Marmite pasties

 Popular

READY IN



85 min.

SERVINGS



6

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g potatoes grated peeled
- ☐ 200 g cheddar cheese grated (or vegetarian alternative)
- ☐ 100 g breadcrumbs soft
- ☐ 1 bunch spring onion thinly sliced
- ☐ 2 eggs
- ☐ 500 g pastry crust
- ☐ 2 tbsp yeast extract spread (or Vegemite)

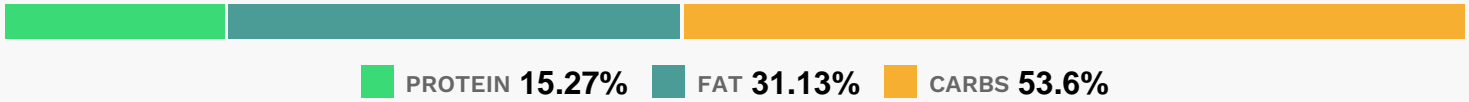
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ microwave

Directions

- ☐ Put the grated potato, cheese, breadcrumbs and spring onions into a mixing bowl with 1 egg.
- ☐ Sprinkle over 1 tsp salt and plenty of freshly ground black pepper.
- ☐ Mix together.
- ☐ Roll out the pastry on a lightly floured surface to just slightly thicker than a 1 coin. Use a 16–17cm saucer or bowl to cut out 6 circles of pastry you may need to re-roll trimmings to get the last one. Warm the Marmite in a small pan or in the microwave with a splash of water so it is a bit runnier, then brush over each circle, leaving a 2–3cm border around each edge.
- ☐ Divide the filling between the middles of each circle, then beat remaining egg and brush a little around each border. For each, bring up 2 sides of pastry to meet over the filling, and pinch and crimp to seal into a pasty shape. If eating straight away, transfer pasties to a baking sheet and chill while you heat oven to 160C/140C fan/gas
- ☐ Or leave on the tray, wrap well in cling film and freeze for up to 3 months.
- ☐ Brush the pasties all over with more egg.
- ☐ Bake for 50 mins–1 hr until golden brown and crisp. Eat warm, or cool, in the next 24 hrs.

Nutrition Facts



Properties

Glycemic Index:30.13, Glycemic Load:26.99, Inflammation Score:-8, Nutrition Score:29.101739126703%

Flavonoids

Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 546.53kcal (27.33%), Fat: 18.74g (28.83%), Saturated Fat: 8.31g (51.92%), Carbohydrates: 72.61g (24.2%), Net Carbohydrates: 68.01g (24.73%), Sugar: 2.17g (2.41%), Cholesterol: 87.89mg (29.3%), Sodium: 935.49mg (40.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.69g (41.38%), Vitamin B1: 1.85mg (123.28%), Vitamin B2: 1.46mg (85.73%), Folate: 307.67µg (76.92%), Vitamin B3: 11.73mg (58.67%), Selenium: 39.19µg (55.98%), Manganese: 0.7mg (35.2%), Phosphorus: 325.81mg (32.58%), Calcium: 299.73mg (29.97%), Iron: 4.7mg (26.1%), Vitamin C: 17.17mg (20.81%), Fiber: 4.59g (18.36%), Potassium: 605.57mg (17.3%), Vitamin B6: 0.34mg (17.07%), Zinc: 2.53mg (16.84%), Magnesium: 59.26mg (14.82%), Vitamin K: 13.89µg (13.23%), Copper: 0.25mg (12.68%), Vitamin B5: 1.18mg (11.82%), Vitamin B12: 0.57µg (9.45%), Vitamin A: 454.75IU (9.09%), Vitamin E: 0.51mg (3.43%), Vitamin D: 0.49µg (3.29%)