



Cheese & spinach pasties

READY IN



35 min.

SERVINGS



6

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 50 g spinach frozen chopped
- ☐ 2 tsp parmesan (or vegetarian alternative)
- ☐ 4 tsp cheddar cheese grated
- ☐ 1 pinch nutmeg
- ☐ 200 g pastry crust at room temperature

Equipment

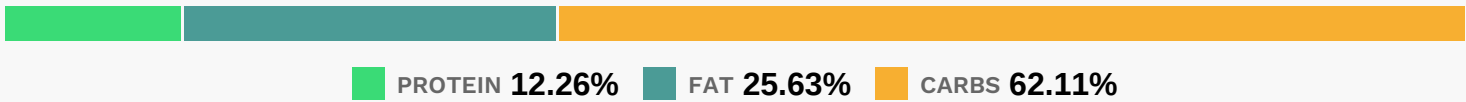
- ☐ bowl
- ☐ oven

☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Line the baking tray with baking parchment.
- ☐ Put the spinach onto pieces of kitchen paper. Pat flat to remove any water, then put in the bowl.
- ☐ Add the cheeses and nutmeg, stir together and set aside.
- ☐ Using a flour dredger, sprinkle some flour on the work surface.
- ☐ Roll out the pastry to a long rectangle (step 1). Using the biscuit cutter, cut out 6 circles (step 2).
- ☐ Brush the edges with water (step 3), then spoon the spinach mixture into the middle of each. Fold the edges together and squeeze them.
- ☐ Brush the tops with more water and make holes with a fork (step 4).
- ☐ Bake for 15–20 mins until golden, then enjoy warm or leave to cool completely and pack into lunchboxes.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:6.48, Inflammation Score:-6, Nutrition Score:6.4695652289235%

Nutrients (% of daily need)

Calories: 117.67kcal (5.88%), Fat: 3.31g (5.09%), Saturated Fat: 1.22g (7.64%), Carbohydrates: 18.06g (6.02%), Net Carbohydrates: 17.15g (6.24%), Sugar: 0.18g (0.19%), Cholesterol: 3.51mg (1.17%), Sodium: 194.02mg (8.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.13%), Vitamin K: 31.92µg (30.4%), Vitamin A: 1012.87IU (20.26%), Selenium: 9.27µg (13.25%), Vitamin B1: 0.19mg (12.66%), Manganese: 0.22mg (11.13%), Folate: 42.26µg (10.56%), Vitamin B2: 0.15mg (8.71%), Vitamin B3: 1.4mg (7.02%), Iron: 1.24mg (6.89%), Phosphorus: 46.8mg (4.68%), Calcium: 41.9mg (4.19%), Fiber: 0.91g (3.64%), Magnesium: 12.59mg (3.15%), Copper: 0.05mg (2.43%), Zinc: 0.34mg (2.29%), Vitamin E: 0.29mg (1.96%), Potassium: 56.92mg (1.63%), Vitamin B6: 0.03mg (1.36%), Vitamin B5: 0.12mg (1.24%)