



Cheesy spinach parcels

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



256 kcal

SIDE DISH

Ingredients

- ☐ 225 g pkt spinach fresh washed
- ☐ 1 tbsp vegetable oil; peanut oil preferred
- ☐ 1 large shallots diced finely
- ☐ 25 g pinenuts roughly chopped
- ☐ 75 g cheddar cheese grated
- ☐ 1 pinch nutmeg freshly grated
- ☐ 2 tbsp double cream
- ☐ 1 tsp walnut oil

- ☐ 25 g butter melted
- ☐ 12 squares dough

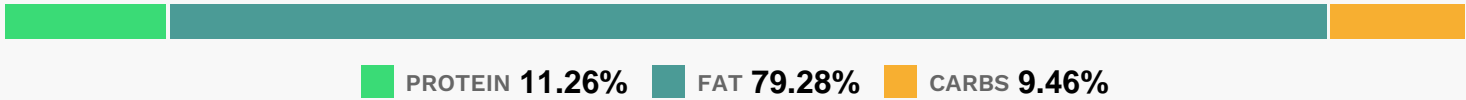
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Place spinach in a pan and stir over a high heat until wilted. Strain, squeeze out as much liquid as possible, then roughly chop.
- ☐ Heat oil in a frying pan, saut shallot until softened.
- ☐ Add walnuts, then fry for 2-3 mins.
- ☐ Remove from heat, stir in spinach, cheese, nutmeg, cream and seasoning.
- ☐ Mix walnut oil with butter.
- ☐ Brush a thin coating on a piece of pastry.
- ☐ Place another piece on top with corners at a different angle, brush with the butter and repeat with one more piece.
- ☐ Place a spoonful of spinach mix in the centre, bring up corners of pastry and pinch in the middle to form a parcel. Repeat to make remaining parcels, then transfer to a greased baking tray.
- ☐ Brush parcels with remaining butter and oil.
- ☐ Bake for 20 mins until golden.

Nutrition Facts



Properties

Glycemic Index:61.75, Glycemic Load:1.27, Inflammation Score:-10, Nutrition Score:20.555217323096%

Flavonoids

Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 256.38kcal (12.82%), Fat: 23.42g (36.03%), Saturated Fat: 9.66g (60.39%), Carbohydrates: 6.29g (2.1%), Net Carbohydrates: 4.51g (1.64%), Sugar: 1.31g (1.46%), Cholesterol: 40.66mg (13.55%), Sodium: 224.68mg (9.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.48g (14.97%), Vitamin K: 276.5µg (263.33%), Vitamin A: 5731.19IU (114.62%), Manganese: 1.1mg (54.82%), Folate: 120.63µg (30.16%), Vitamin C: 16.41mg (19.89%), Calcium: 198.8mg (19.88%), Vitamin E: 2.62mg (17.46%), Magnesium: 68.06mg (17.01%), Phosphorus: 161.76mg (16.18%), Vitamin B2: 0.23mg (13.59%), Iron: 2.09mg (11.6%), Potassium: 398.22mg (11.38%), Selenium: 6.98µg (9.97%), Zinc: 1.46mg (9.72%), Copper: 0.17mg (8.69%), Vitamin B6: 0.15mg (7.71%), Fiber: 1.78g (7.11%), Vitamin B1: 0.09mg (6.31%), Vitamin B3: 0.84mg (4.18%), Vitamin B12: 0.22µg (3.69%), Vitamin B5: 0.19mg (1.87%), Vitamin D: 0.23µg (1.55%)