



Corn, cheese & chilli empanadas

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 regular corn drained well canned
- ☐ 1 small handful cilantro leaves chopped
- ☐ 1 spring onion finely sliced
- ☐ 25 g extra sharp cheddar cheese grated
- ☐ 0.5 to 2 chillies slit green chopped
- ☐ 230 g sheets pastry crust
- ☐ 1 eggs beaten
- ☐ 2 tbsp sesame seed

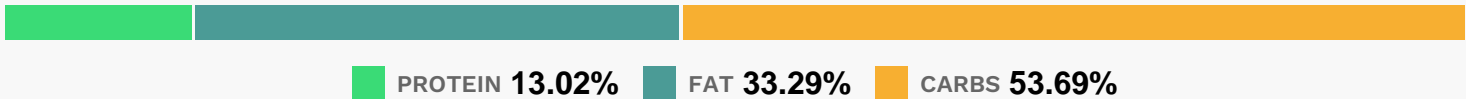
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ rolling pin

Directions

- ☐ Make the filling by mixing the corn, coriander, spring onion, cheese and chilli with some seasoning.
- ☐ Unroll the pastry sheet, roll a little thinner with a rolling pin, then use a 10cm circle cutter to cut out circles of pastry. (You should get 6 circles, then re-roll the trimmings for 2 more.)
- ☐ Brush edges of the circles with a little of the beaten egg, then spoon a couple of teaspoonfuls of filling mixture onto each. Fold over one half of the pastry, and seal by pinching the edge with your fingers, until you have 8 small pasty shaped empanadas. Arrange on a baking parchment lined baking sheet, brush with the rest of the egg and scatter with sesame seeds. Cover and chill for at least 30 mins before baking.
- ☐ To serve, heat oven to 200C/180C fan/ gas 6 and bake for 20 mins until golden and crisp.

Nutrition Facts



Properties

Glycemic Index:27.44, Glycemic Load:5.68, Inflammation Score:-2, Nutrition Score:4.8704347843709%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 120.88kcal (6.04%), Fat: 4.43g (6.82%), Saturated Fat: 1.35g (8.45%), Carbohydrates: 16.1g (5.37%), Net Carbohydrates: 15.14g (5.5%), Sugar: 0.22g (0.25%), Cholesterol: 23.58mg (7.86%), Sodium: 177.19mg (7.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.8%), Selenium: 10.06µg (14.37%), Vitamin B1: 0.18mg (11.84%), Manganese: 0.2mg (9.93%), Vitamin B2: 0.14mg (8.5%), Folate: 32.01µg (8%), Iron: 1.38mg (7.68%), Vitamin B3: 1.29mg (6.46%), Copper: 0.13mg (6.41%), Phosphorus: 61.76mg (6.18%), Vitamin K: 5.47µg (5.21%), Calcium: 51.69mg (5.17%), Fiber: 0.96g (3.84%), Magnesium: 14.16mg (3.54%), Zinc: 0.51mg (3.4%), Vitamin A: 110.07IU (2.2%),

Vitamin B6: 0.04mg (1.98%), Vitamin B5: 0.19mg (1.9%), Potassium: 48.68mg (1.39%), Vitamin B12: 0.08µg (1.37%)