



Mediterranean slices



Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



691 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 375 g puff pastry
- ☐ 4 tbsp basil pesto green
- ☐ 140 g roasted peppers frozen sliced
- ☐ 140 g artichokes frozen per serving)
- ☐ 125 g mozzarella cheese grated

Equipment

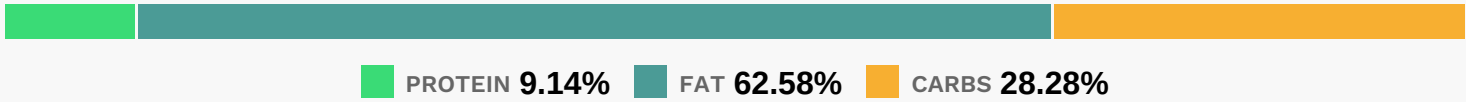
- ☐ baking sheet
- ☐ oven

☐ knife

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Unroll the pastry and cut into 4 rectangles. Take a sharp knife and score a 1cm edge inside each rectangle, taking care that you dont cut all the way through the pastry.
- ☐ Place on a baking sheet.
- ☐ Spread 1 tbsp pesto onto each slice, staying inside the border, then pile up the peppers and artichokes. Cook in the oven for 15 mins until the pastry is starting to brown.
- ☐ Tear the mozzarella ball into small pieces, then scatter it (or use cheddar, if you prefer) over the veg. Return to the oven for 5–7 mins until the pastry is crisp and the cheese has melted.
- ☐ Serve with a green salad.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:23.65, Inflammation Score:-7, Nutrition Score:16.220434948154%

Flavonoids

Naringenin: 4.38mg, Naringenin: 4.38mg, Naringenin: 4.38mg, Naringenin: 4.38mg Apigenin: 2.62mg, Apigenin: 2.62mg, Apigenin: 2.62mg, Apigenin: 2.62mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg

Nutrients (% of daily need)

Calories: 691.11kcal (34.56%), Fat: 48.41g (74.48%), Saturated Fat: 14.14g (88.37%), Carbohydrates: 49.21g (16.4%), Net Carbohydrates: 45.25g (16.46%), Sugar: 1.84g (2.05%), Cholesterol: 25.89mg (8.63%), Sodium: 1081.68mg (47.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.92g (31.83%), Selenium: 28.17µg (40.25%), Manganese: 0.61mg (30.62%), Vitamin B1: 0.42mg (27.76%), Folate: 104.71µg (26.18%), Vitamin C: 20.37mg (24.69%), Vitamin B2: 0.39mg (22.79%), Vitamin B3: 4.5mg (22.49%), Calcium: 221.09mg (22.11%), Phosphorus: 205.38mg (20.54%), Vitamin K: 20.99µg (19.99%), Iron: 3.35mg (18.63%), Fiber: 3.96g (15.83%), Vitamin A: 701.14IU (14.02%), Vitamin B12: 0.71µg (11.88%), Copper: 0.24mg (11.83%), Magnesium: 46.1mg (11.52%), Zinc: 1.64mg (10.96%), Potassium: 261.54mg (7.47%), Vitamin B6: 0.13mg (6.71%), Vitamin E: 0.63mg (4.21%), Vitamin B5: 0.18mg (1.76%)