



WHATSheATE



Potato, cheddar & red onion pasties



Vegetarian

READY IN



70 min.

SERVINGS



4

CALORIES



744 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large potatoes cut into 1cm dice
- ☐ 2 carrots cut into 1cm dice
- ☐ 300 g onion
- ☐ 1 tbsp thyme leaves chopped
- ☐ 1 tbsp dijon mustard
- ☐ 140 g cheddar cheese grated
- ☐ 500 g pastry crust
- ☐ 4 servings eggs beaten for brushing

☐ 4 servings poppy seeds for sprinkling

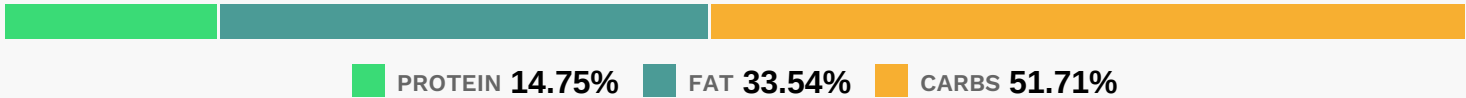
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Line a baking tray with baking parchment. Boil the potato and carrots in salted water for 5 mins until tender.
- ☐ Drain well and tip into a mixing bowl.
- ☐ Add the chutney, thyme, mustard, cheese and some seasoning, and gently mix to combine. Put in the fridge to cool.
- ☐ Roll out the pastry to the thickness of a 1 coin, then cut out 8 x 13cm squares. Divide the filling between the squares and brush the pastry edges with the egg. Bring together the 4 corners of each square in the middle, then press all the seams together like a square envelope.
- ☐ Brush with more egg and sprinkle over the poppy seeds.
- ☐ Put the pasties on the baking tray and bake for 30 mins until golden.
- ☐ Serve with a salad, if you like.

Nutrition Facts



Properties

Glycemic Index:76.15, Glycemic Load:38.76, Inflammation Score:-10, Nutrition Score:36.290434650753%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 15.93mg, Quercetin: 15.93mg,

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Nutrients (% of daily need)

Calories: 744.31kcal (37.22%), Fat: 27.71g (42.63%), Saturated Fat: 10.42g (65.15%), Carbohydrates: 96.12g (32.04%), Net Carbohydrates: 87.43g (31.79%), Sugar: 6.17g (6.86%), Cholesterol: 198.68mg (66.23%), Sodium: 968.46mg (42.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.42g (54.84%), Vitamin A: 5772.78IU (115.46%), Selenium: 55.71µg (79.59%), Manganese: 1.54mg (77.08%), Vitamin B1: 0.92mg (61.15%), Vitamin B2: 0.87mg (51.11%), Phosphorus: 510.38mg (51.04%), Calcium: 463.1mg (46.31%), Folate: 181.26µg (45.32%), Iron: 7.05mg (39.17%), Fiber: 8.69g (34.78%), Vitamin C: 28.43mg (34.46%), Vitamin B3: 6.64mg (33.18%), Vitamin B6: 0.57mg (28.58%), Magnesium: 101.69mg (25.42%), Zinc: 3.7mg (24.66%), Potassium: 856.64mg (24.48%), Copper: 0.47mg (23.55%), Vitamin B5: 1.69mg (16.93%), Vitamin B12: 0.76µg (12.71%), Vitamin K: 10.23µg (9.74%), Vitamin E: 1.22mg (8.15%), Vitamin D: 1.09µg (7.27%)