



Pumpkin, Spinach and Barley Rolls



Vegetarian



Vegan



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



547 kcal

Ingredients

- ☐ 2.3 cups pumpkin canned
- ☐ 0.3 teaspoon chili powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 cup pearl barley
- ☐ 17.5 ounce puff pastry frozen thawed
- ☐ 6 servings salt and pepper to taste
- ☐ 8 leaves pkt spinach dried stemmed rinsed
- ☐ 1.5 cups water

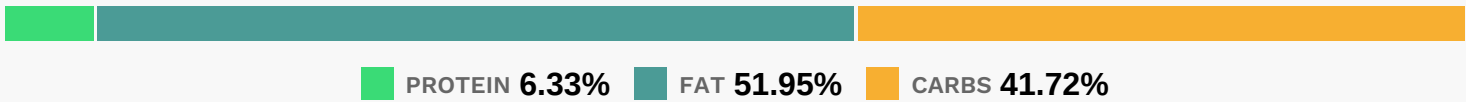
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ In a medium-size pot, bring water and barley to a boil. Reduce heat to simmer, cover and let cook 15 minutes.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a large mixing bowl, combine pumpkin, barley, spinach, cumin, chili powder, and salt and pepper.
- ☐ Lay out a sheet of pastry and place 1/2 of the pumpkin mixture along the center horizontally.
- ☐ Roll the pastry over the mixture, and seal the seams with a little water.
- ☐ Cut stuffed pastry into thirds. Arrange portions on a cookie sheet. Repeat with the remaining ingredients.
- ☐ Bake at 375 degrees F (190 degrees C) for 20 minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:20.2, Inflammation Score:-10, Nutrition Score:18.631738994433%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 546.67kcal (27.33%), Fat: 32.01g (49.24%), Saturated Fat: 8.15g (50.96%), Carbohydrates: 57.84g (19.28%), Net Carbohydrates: 51.26g (18.64%), Sugar: 3.79g (4.21%), Cholesterol: 0mg (0%), Sodium: 411.43mg (17.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.78g (17.55%), Vitamin A: 14454.85IU (289.1%), Manganese: 0.78mg (39.01%), Selenium: 26.7µg (38.14%), Vitamin K: 34.92µg (33.25%), Fiber: 6.58g (26.32%), Vitamin B1: 0.39mg (25.68%), Vitamin B3: 4.58mg (22.89%), Iron: 3.97mg (22.07%), Folate: 81.98µg (20.5%),

Vitamin B2: 0.31mg (18.03%), Copper: 0.28mg (13.81%), Magnesium: 49.91mg (12.48%), Phosphorus: 120.34mg (12.03%), Vitamin E: 1.49mg (9.92%), Potassium: 298.45mg (8.53%), Zinc: 0.97mg (6.5%), Vitamin B6: 0.12mg (5.86%), Vitamin C: 4.25mg (5.15%), Calcium: 42.03mg (4.2%), Vitamin B5: 0.42mg (4.16%)