



Savoury Puffs for Bonfire Night

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



173 kcal

SIDE DISH

Ingredients

- ☐ 6 servings splosh of milk
- ☐ 0.5 cup peas frozen
- ☐ 1 packet puff pastry
- ☐ 0.5 cup sweetcorn frozen
- ☐ 1 veggie haggis
- ☐ 2 tbsp wholegrain mustard

Equipment

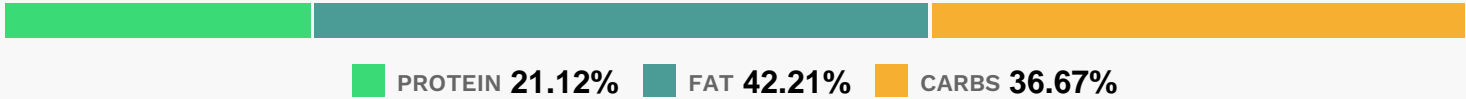
- ☐ bowl

- ☐ oven
- ☐ baking pan

Directions

- ☐ Take your puff pastry out of the fridge to allow it to come to room temperature.
- ☐ Preheat the oven to 190c /170c/375f /Gas Mark 5.
- ☐ Roll your pastry on a lightly floured board until it is quite thin.
- ☐ Use a saucer or small cereal bowl to cut circles out of the pastry.
- ☐ On on half of the pastry add a filling of veggie haggis and a scattering of frozen peas and sweetcorn. If you want to, you can spread some mustard on the pastry first.
- ☐ Wet the edges of the circle with water and foldvthe half with no filling over the half with filling. Press down the edges and crimp with your fingers,.
- ☐ Slash the top of each puff a couple of times to let steam out and pop onto a baking tray.
- ☐ Brush each puff with milk or an egg wash and bake for 20 minutes until the puffs are beautiful and golden.

Nutrition Facts



Properties

Glycemic Index:45.14, Glycemic Load:6.18, Inflammation Score:-5, Nutrition Score:10.194782542146%

Nutrients (% of daily need)

Calories: 172.58kcal (8.63%), Fat: 8.28g (12.74%), Saturated Fat: 4.6g (28.76%), Carbohydrates: 16.19g (5.4%), Net Carbohydrates: 14.97g (5.44%), Sugar: 13.08g (14.53%), Cholesterol: 29.28mg (9.76%), Sodium: 148.95mg (6.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.33g (18.65%), Calcium: 306.73mg (30.67%), Phosphorus: 274.97mg (27.5%), Vitamin B12: 1.32µg (21.96%), Vitamin B2: 0.36mg (21.41%), Vitamin D: 2.68µg (17.89%), Vitamin B1: 0.19mg (12.74%), Potassium: 431.42mg (12.33%), Vitamin A: 533.48IU (10.67%), Vitamin B5: 1.04mg (10.4%), Magnesium: 39.07mg (9.77%), Vitamin B6: 0.19mg (9.54%), Selenium: 6.62µg (9.46%), Zinc: 1.26mg (8.42%), Vitamin C: 5.58mg (6.76%), Manganese: 0.1mg (5.14%), Fiber: 1.22g (4.88%), Vitamin B3: 0.76mg (3.81%), Vitamin K: 3.88µg (3.7%), Folate: 11.33µg (2.83%), Iron: 0.32mg (1.78%), Copper: 0.03mg (1.7%), Vitamin E: 0.17mg (1.12%)