

Tuna empanada pie

 Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



425 kcal

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 onion finely chopped
- ☐ 1 garlic clove crushed
- ☐ 3 medium potatoes cubed
- ☐ 2 carrots diced
- ☐ 2 pasilla peppers diced red
- ☐ 1 tbsp paprika smoked
- ☐ 1 tsp oregano and thyme dried
- ☐ 2 tbsp tomato purée

- ☐ 300 ml vegetable stock
- ☐ 185 g tuna in spring water flaked canned
- ☐ 500 g pack shortcrust pastry
- ☐ 1 eggs beaten

Equipment

- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Fry onion, garlic, potatoes and carrots in oil for 5 mins until softening.
- ☐ Add peppers, paprika, herbs and tomato pure, and cook for 5 mins.
- ☐ Add stock, bring to the boil, then simmer until stock is absorbed and vegetables are tender.
- ☐ Add the tuna.
- ☐ Roll a quarter of the pastry into a 22cm circle.
- ☐ Roll remaining pastry to line a 22cm loose-bottomed tin, allowing the pastry to come over the edges of the tin.Fill with the tuna mix and top with the pie lid.
- ☐ Brush the edges with egg then fold over the sides and press down with a fork to seal. Make two holes in the top, brush with egg and bake for 35-40 mins until golden brown. Leave to cool slightly, then serve.

Nutrition Facts



Properties

Glycemic Index:60.43, Glycemic Load:31.57, Inflammation Score:-10, Nutrition Score:28.10913029961%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.83mg, Quercetin:

4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg

Nutrients (% of daily need)

Calories: 424.7kcal (21.23%), Fat: 8.77g (13.49%), Saturated Fat: 1.94g (12.12%), Carbohydrates: 70.51g (23.5%), Net Carbohydrates: 64.33g (23.39%), Sugar: 5.22g (5.8%), Cholesterol: 38.38mg (12.79%), Sodium: 704.27mg (30.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.93g (31.85%), Vitamin A: 5412.52IU (108.25%), Vitamin C: 75.26mg (91.22%), Selenium: 43.23µg (61.75%), Vitamin B3: 8.39mg (41.96%), Vitamin B1: 0.6mg (39.85%), Manganese: 0.7mg (35.14%), Vitamin B6: 0.65mg (32.71%), Folate: 121.88µg (30.47%), Iron: 4.81mg (26.7%), Vitamin B2: 0.45mg (26.31%), Fiber: 6.18g (24.71%), Potassium: 802.8mg (22.94%), Phosphorus: 209.42mg (20.94%), Magnesium: 57.64mg (14.41%), Vitamin B12: 0.86µg (14.29%), Copper: 0.27mg (13.41%), Vitamin E: 1.8mg (12.01%), Vitamin K: 11.42µg (10.88%), Vitamin B5: 0.99mg (9.85%), Zinc: 1.27mg (8.48%), Calcium: 50.41mg (5.04%), Vitamin D: 0.52µg (3.44%)