



WHATSheATE



Tuna & sweetcorn slice

READY IN



35 min.

SERVINGS



4

CALORIES



629 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 320 g puff pastry
- ☐ 185 g water-packed tuna flaked drained canned
- ☐ 325 g regular corn drained canned
- ☐ 3 tbsp crème fraîche
- ☐ 50 g cheddar cheese grated
- ☐ 3 chives snipped

Equipment

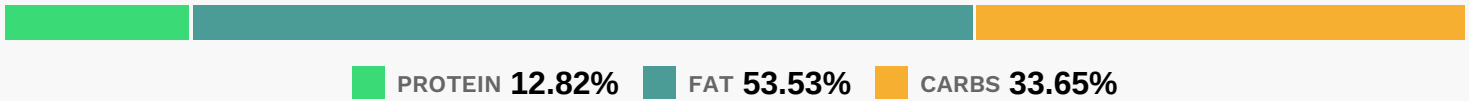
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 220C/200C fan/ gas
- ☐ Lay the pastry out on a baking sheet. Pinch up the edges to form a border, pressing firmly into the corners. Prick the centre all over with a fork and pop in the oven for 10–15 mins.
- ☐ Meanwhile, mix the tuna and sweetcorn in a bowl and season.
- ☐ Remove the pastry from the oven, pressing the centre down with the back of a fork, as it will have puffed up a bit.
- ☐ Spread the crme frache across centre, spoon the tuna mix on top, then sprinkle over the cheese.
- ☐ Bake for 10–15 mins more, until golden, puffed up and cooked though.
- ☐ Sprinkle with chives and cut into quarters.

Nutrition Facts



Properties

Glycemic Index:45.88, Glycemic Load:28, Inflammation Score:-6, Nutrition Score:18.040434754413%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 629.47kcal (31.47%), Fat: 38.13g (58.67%), Saturated Fat: 11.29g (70.55%), Carbohydrates: 53.92g (17.97%), Net Carbohydrates: 50.75g (18.45%), Sugar: 4.64g (5.16%), Cholesterol: 34.46mg (11.49%), Sodium: 385.86mg (16.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.55g (41.11%), Selenium: 54.76µg (78.22%), Vitamin B3: 9.31mg (46.55%), Vitamin B1: 0.41mg (27.59%), Manganese: 0.54mg (27%), Phosphorus: 238.45mg (23.84%), Vitamin B2: 0.38mg (22.46%), Vitamin B12: 1.34µg (22.33%), Folate: 86.89µg (21.72%), Iron: 3.22mg (17.91%), Vitamin K: 15.33µg (14.6%), Vitamin B6: 0.29mg (14.55%), Fiber: 3.17g (12.68%), Magnesium: 49.15mg (12.29%), Calcium: 116.92mg (11.69%), Zinc: 1.73mg (11.5%), Potassium: 330.42mg (9.44%), Vitamin A: 454.82IU (9.1%), Copper: 0.16mg (8.01%), Vitamin B5: 0.8mg (7.96%), Vitamin C: 4.99mg (6.04%), Vitamin E:

0.79mg (5.25%), Vitamin D: 0.63µg (4.2%)