



## Vegetable Cornish Pasties

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup butter
- 1 carrots sliced thin
- 1 eggs beaten
- 0.3 cup milk
- 0.3 pound mushrooms chopped
- 1 onion thinly sliced
- 1 large potatoes diced peeled
- 4 servings salt and pepper to taste

- 0.3 pound cheddar cheese shredded
- 1 turnip diced peeled
- 2 tablespoons water
- 1 teaspoon yeast extract spread

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk

## Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Divide pastry dough into four equal portions and roll each one out in a square shape. Set pastry aside to rest.
- Place a large skillet over medium heat.
- Add butter or margarine and allow to melt.
- Add onion and saute for 5 minutes, until translucent and beginning to brown.
- Add carrot, turnip, potato, mushrooms, and water. Lower heat and cover skillet. Allow mixture to cook for 10 minutes, stirring occasionally.
- In a small bowl, dissolve yeast extract in milk.
- Whisk in 1 egg. Stir this mixture into cooked vegetables. Continue to stir until mixture thickens.
- Add cheese, and salt and pepper to taste. Set aside to cool.
- Place 1/4 of filling on one half of each pastry square. Fold pastry diagonally and seal edges.
- Brush tops of pastry with beaten egg.
- Place pasties on a baking sheet and bake in preheated oven for 30 minutes, until pastry is golden brown.

## Nutrition Facts



■ PROTEIN 13.98% ■ FAT 58.11% ■ CARBS 27.91%

## Properties

Glycemic Index:94.4, Glycemic Load:14.55, Inflammation Score:-9, Nutrition Score:19.287825936856%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg

## Nutrients (% of daily need)

Calories: 348.11kcal (17.41%), Fat: 22.97g (35.33%), Saturated Fat: 13.42g (83.88%), Carbohydrates: 24.83g (8.28%), Net Carbohydrates: 20.97g (7.63%), Sugar: 5.23g (5.81%), Cholesterol: 101.6mg (33.87%), Sodium: 581.92mg (25.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.43g (24.86%), Vitamin A: 3272.77IU (65.46%), Vitamin B2: 0.63mg (37.21%), Vitamin C: 28.11mg (34.07%), Vitamin B1: 0.5mg (33.64%), Phosphorus: 270.5mg (27.05%), Calcium: 262.53mg (26.25%), Folate: 100.68µg (25.17%), Selenium: 15.53µg (22.18%), Vitamin B6: 0.43mg (21.56%), Vitamin B3: 4.26mg (21.32%), Potassium: 720.56mg (20.59%), Fiber: 3.85g (15.42%), Manganese: 0.26mg (13.18%), Copper: 0.26mg (12.79%), Zinc: 1.9mg (12.68%), Vitamin B5: 1.26mg (12.61%), Magnesium: 45.57mg (11.39%), Vitamin B12: 0.52µg (8.73%), Iron: 1.36mg (7.55%), Vitamin K: 5.66µg (5.39%), Vitamin E: 0.79mg (5.28%), Vitamin D: 0.61µg (4.1%)