



Anchovy Pinwheels

READY IN



45 min.

SERVINGS



72

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons butter softened
- 2 ounce anchovies minced drained canned
- 1 egg yolk
- 1 tablespoon chives fresh minced
- 1 tablespoon parsley fresh minced
- 1 garlic clove minced
- 72 servings parmesan cheese freshly grated
- 17.3 ounce puff pastry frozen thawed
- 1 tablespoon water

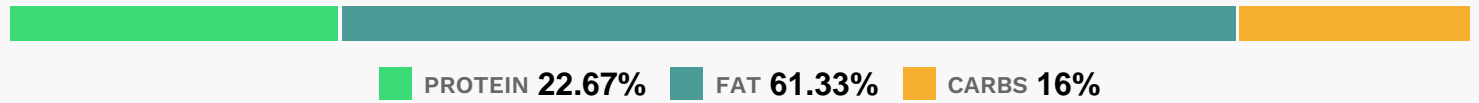
Equipment

oven

Directions

- Combine anchovies and next 4 ingredients; mix well, and set aside.
- Roll each pastry sheet into a 12-inch square on a lightly floured surface.
- Cut pastry into 72 (2-inch) squares. For each square, cut a slit from each corner to within 1/4 inch of center.
- Spoon 1/4 teaspoon anchovy mixture into center of each square. Fold every other tip of slits toward center. (Tips will meet in center to form a pinwheel.) Press to seal.
- Combine yolk and 1 tablespoon water.
- Brush pinwheels with egg mixture; sprinkle with cheese.
- Bake at 375 for 10 to 12 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:2.96, Glycemic Load:1.66, Inflammation Score:-2, Nutrition Score:5.2334782468236%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 170.46kcal (8.52%), Fat: 11.6g (17.85%), Saturated Fat: 5.65g (35.29%), Carbohydrates: 6.81g (2.27%), Net Carbohydrates: 6.71g (2.44%), Sugar: 0.07g (0.08%), Cholesterol: 30.72mg (10.24%), Sodium: 574.73mg (24.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.65g (19.31%), Calcium: 268.37mg (26.84%), Phosphorus: 197.49mg (19.75%), Selenium: 12.83µg (18.33%), Zinc: 1.36mg (9.08%), Vitamin B2: 0.13mg (7.49%), Vitamin B12: 0.42µg (6.96%), Vitamin A: 284.56IU (5.69%), Magnesium: 12.21mg (3.05%), Manganese: 0.06mg (3.03%), Vitamin K: 2.74µg (2.61%), Vitamin B1: 0.04mg (2.43%), Vitamin B3: 0.46mg (2.32%), Iron: 0.36mg (1.98%), Folate: 7.71µg (1.93%), Potassium: 64.64mg (1.85%), Vitamin E: 0.24mg (1.58%), Vitamin B6: 0.03mg (1.44%), Vitamin D: 0.18µg

(1.18%), Copper: 0.02mg (1.15%), Vitamin B5: 0.11mg (1.13%)