



Apple Cheddar Palmiers

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter
- 2 apples diced peeled
- 2 shallots chopped
- 0.5 teaspoon cinnamon
- 30 servings salt and pepper
- 1 cup sharp cheddar cheese grated
- 2 sheets puff pastry (1 box)
- 1 eggs

Equipment

- frying pan
- baking sheet
- baking paper
- oven
- whisk

Directions

- Preheat a skillet to medium-high.
- Saute the apples and shallots in butter for 3-5 minutes.
- Add the nutmeg and salt and pepper to taste.
- Lay each piece of puff pastry on its own piece of parchment paper and roll them lightly.
- Top both pieces with apple mixture and distribute evenly. Then top with them with shredded cheese.
- Fold the pastry sheets inward of the width on both ends. Fold in again so that the dough meets in the middle. Fold one more time.
- Wrap the rolls in the paper and put the rolls in the fridge for at least 30 minutes to chill before cutting. (Wrap them well if you are prepping ahead).
- When ready to bake, preheat the oven to 450 degrees F. Carefully slice each roll into 12-15 inch slices and lay flat on parchment paper lined baking sheets.
- Whisk the egg and brush it over the tops.
- Bake for 12-14 minutes.
- Cool before lifting! Makes 24-30.

Nutrition Facts



PROTEIN 7.6% **FAT 61.65%** **CARBS 30.75%**

Properties

Glycemic Index:6.67, Glycemic Load:4.52, Inflammation Score:-1, Nutrition Score:2.3839130434783%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 121.75kcal (6.09%), Fat: 8.42g (12.96%), Saturated Fat: 2.83g (17.67%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 8.84g (3.22%), Sugar: 1.53g (1.7%), Cholesterol: 11.23mg (3.74%), Sodium: 267.5mg (11.63%), Protein: 2.34g (4.67%), Selenium: 5.5µg (7.86%), Manganese: 0.1mg (4.8%), Vitamin B1: 0.07mg (4.65%), Vitamin B2: 0.07mg (4.32%), Folate: 15.18µg (3.8%), Vitamin B3: 0.7mg (3.5%), Phosphorus: 32.54mg (3.25%), Calcium: 31.11mg (3.11%), Vitamin K: 3.08µg (2.93%), Iron: 0.49mg (2.72%), Fiber: 0.61g (2.43%), Zinc: 0.26mg (1.71%), Vitamin A: 75.87IU (1.52%), Copper: 0.03mg (1.3%), Magnesium: 4.81mg (1.2%), Vitamin E: 0.18mg (1.18%)