



Apple Cheese Danish

 Vegetarian

READY IN

ready

75 min.

SERVINGS

servings

18

CALORIES

calories

261 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 apples cored peeled thinly sliced
- ☐ 24 ounce carton cottage cheese
- ☐ 8 ounce cream cheese at room temperature
- ☐ 1 eggs
- ☐ 1 teaspoon juice of lemon
- ☐ 17.5 ounce puff pastry frozen thawed
- ☐ 1 teaspoon vanilla extract
- ☐ 3 tablespoons sugar white for decoration

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ sieve
- ☐ hand mixer
- ☐ cheesecloth

Directions

- ☐ Place the cottage cheese in a strainer lined with cheesecloth or heavy-duty paper towels. Pat dry with paper towels and set aside for 5 to 10 minutes.
- ☐ Place apples in a bowl, and sprinkle with lemon juice to prevent browning.
- ☐ Combine the cream cheese, drained cottage cheese, 1/2 cup sugar, egg, and vanilla extract in the bowl of an electric mixer, and mix 1 to 2 minutes on high speed, until almost smooth.
- ☐ Preheat an oven to 400 degrees F (200 degrees C). Line two baking sheets with parchment paper.
- ☐ Cut each of the puff pastry sheets into 9 pieces; you should have 18 total.
- ☐ Roll the pieces out, one at a time, to make 5 x 5-inch squares. To ensure the pastries puff up, avoid using too much pressure or rolling over the edges of the dough.
- ☐ Place a square in front of you so that it looks like a diamond. Spoon a generous amount of cheese filling down the middle of each square, leaving 1/4 inch of room at the top and bottom edges. Fan out 4-5 slices of apple down the center of each cheese-filled square. Bring the left and right corners together to meet in the center and pinch to seal.
- ☐ Transfer the Danish to a baking sheet and repeat with the remaining pastries.
- ☐ Sprinkle sugar over each bundle and bake in the preheated oven until the pastry is golden brown, about 20 minutes.

Nutrition Facts



 **PROTEIN 11.22%**  **FAT 57.36%**  **CARBS 31.42%**

Properties

Glycemic Index:11.78, Glycemic Load:9.77, Inflammation Score:-3, Nutrition Score:5.1034782528877%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 260.68kcal (13.03%), Fat: 16.75g (25.77%), Saturated Fat: 5.94g (37.11%), Carbohydrates: 20.65g (6.88%), Net Carbohydrates: 19.5g (7.09%), Sugar: 6.88g (7.65%), Cholesterol: 28.25mg (9.42%), Sodium: 231.08mg (10.05%), Alcohol: 0.08g (100%), Alcohol %: 0.09% (100%), Protein: 7.37g (14.74%), Selenium: 12.18µg (17.4%), Vitamin B2: 0.19mg (11.08%), Phosphorus: 98.33mg (9.83%), Vitamin B1: 0.13mg (8.6%), Manganese: 0.15mg (7.43%), Folate: 29.28µg (7.32%), Vitamin B3: 1.23mg (6.14%), Vitamin K: 5.38µg (5.12%), Vitamin A: 252.01IU (5.04%), Calcium: 49.6mg (4.96%), Iron: 0.83mg (4.59%), Fiber: 1.14g (4.57%), Vitamin B12: 0.21µg (3.53%), Vitamin B5: 0.34mg (3.39%), Potassium: 109.24mg (3.12%), Copper: 0.05mg (2.75%), Zinc: 0.4mg (2.7%), Magnesium: 10.42mg (2.61%), Vitamin E: 0.37mg (2.45%), Vitamin B6: 0.05mg (2.35%), Vitamin C: 1.5mg (1.82%)