



Apricot-Blue Cheese Angels

 Vegetarian

READY IN



75 min.

SERVINGS



25

CALORIES



158 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cheese blue crumbled
- ☐ 7 ounce apricot dried chopped (1 cup)
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 tablespoon honey
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 sheets puff pastry frozen thawed
- ☐ 0.5 cup walnut pieces toasted chopped

☐ 1 cup water boiling

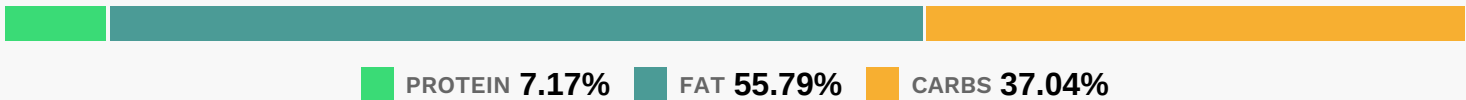
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ colander

Directions

- ☐ Preheat oven to 40
- ☐ Combine 1 cup boiling water and apricots in a medium bowl, and let stand for 10 minutes.
- ☐ Drain in a colander over a bowl, reserving 2 tablespoons soaking liquid.
- ☐ Place apricots, reserved 2 tablespoons soaking liquid, walnuts, honey, juice, and cinnamon in a food processor; pulse until coarsely ground.
- ☐ Add cheese to processor; pulse 3 times or until blended.
- ☐ Place 1 sheet pastry dough on a work surface lightly dusted with flour. Gently roll into a 12 1/2-inch square.
- ☐ Cut dough into 25 (2 1/2-inch) squares. Top each dough piece with about 1 teaspoon apricot mixture. Working with one dough piece at a time, bring corners up to the center and pinch closed.
- ☐ Place the angels on a baking sheet lined with parchment paper. Repeat procedure with remaining dough and apricot mixture, placing formed angels on a second baking sheet lined with parchment paper.
- ☐ Brush angels evenly with egg.
- ☐ Bake at 400 for 15 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:6.66, Inflammation Score:-3, Nutrition Score:3.7278261119905%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 157.51kcal (7.88%), Fat: 10g (15.38%), Saturated Fat: 2.6g (16.27%), Carbohydrates: 14.94g (4.98%), Net Carbohydrates: 13.9g (5.05%), Sugar: 5.17g (5.74%), Cholesterol: 9.47mg (3.15%), Sodium: 84.05mg (3.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.78%), Manganese: 0.2mg (9.96%), Selenium: 6.05µg (8.64%), Vitamin A: 318.23IU (6.36%), Vitamin B1: 0.09mg (5.92%), Vitamin B3: 1.08mg (5.4%), Folate: 20.39µg (5.1%), Vitamin B2: 0.08mg (4.98%), Iron: 0.83mg (4.61%), Copper: 0.09mg (4.56%), Fiber: 1.04g (4.17%), Phosphorus: 39.98mg (4%), Potassium: 124.96mg (3.57%), Vitamin K: 3.54µg (3.37%), Vitamin E: 0.49mg (3.3%), Magnesium: 10.38mg (2.6%), Calcium: 24.55mg (2.46%), Zinc: 0.31mg (2.05%), Vitamin B6: 0.04mg (1.82%), Vitamin B5: 0.13mg (1.33%)