



Baby Elephant Ears Procençale



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



66

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons tomatoes dried chopped
- ☐ 1 egg yolk
- ☐ 1 tablespoon parsley fresh minced
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup olive oil divided
- ☐ 2 tablespoons olives ripe chopped
- ☐ 3 tablespoons onion minced
- ☐ 17.3 ounce puff pastry frozen thawed

☐

0.5 teaspoon salt

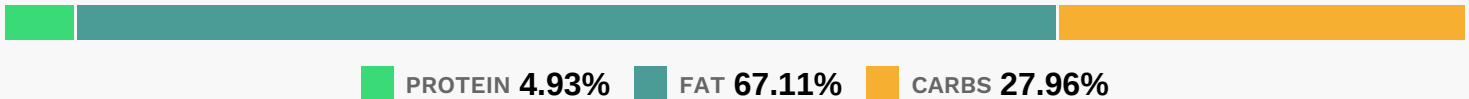
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Roll 1 pastry sheet into a 13- x 11-inch rectangle. Stir together olive oil, garlic, and salt.
- ☐ Brush half of olive oil mixture over pastry.
- ☐ Sprinkle with half of ripe olives, dried tomatoes, and minced parsley.
- ☐ Roll up pastry, jellyroll fashion, starting with each short side and ending at middle of pastry sheet. Repeat procedure with remaining pastry sheet, olive oil mixture, olives, tomatoes and parsley.
- ☐ Cut rolls crosswise into 1/3-inch-thick slices.
- ☐ Place on lightly greased baking sheets.
- ☐ Whisk together egg yolk and 1 tablespoon water, and brush evenly over pastries.
- ☐ Bake at 375 for 10 to 15 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:2.65, Glycemic Load:1.85, Inflammation Score:-1, Nutrition Score:0.90086955058834%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 50.02kcal (2.5%), Fat: 3.76g (5.78%), Saturated Fat: 0.86g (5.37%), Carbohydrates: 3.52g (1.17%), Net Carbohydrates: 3.37g (1.23%), Sugar: 0.14g (0.15%), Cholesterol: 2.95mg (0.98%), Sodium: 40.23mg (1.75%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Selenium: 1.97µg (2.82%), Vitamin K: 2.75µg (2.62%), Vitamin B1: 0.03mg (2.08%), Manganese: 0.04mg (2.07%), Vitamin B3: 0.33mg (1.63%), Folate: 6.47µg (1.62%), Vitamin B2: 0.02mg (1.38%), Iron: 0.22mg (1.24%), Vitamin E: 0.17mg (1.16%)