

## Baked Cheese in Pastry

READY IN



175 min.

SERVINGS



6

CALORIES



369 kcal

SIDE DISH

### Ingredients

- 2 tablespoons apricot preserves
- 2 tablespoons apricots fresh chopped
- 170 gram cheese
- 1 egg yolk
- 0.5 teaspoon rosemary leaves fresh chopped
- 1 sheet puff pastry frozen
- 1 tablespoon water cold

### Equipment

- bowl
- oven
- knife
- baking pan

## Directions

- Place the cheese in the freezer for 1 hour. With a sharp knife, remove the top rind and place the cheese in the refrigerator.
- In a bowl, combine the jam, apricots and rosemary. Set aside.
- Roll out the dough into a 22 cm (9 in.) square.
- Place the whole cheese in the middle of the square, rindless side up. Spoon the apricot mixture over the top of the cheese.
- Beat the egg yolk with the cold water and brush the edges of the dough with the mixture. Bring two opposite corners of the dough up over the cheese and seal together well. Repeat with the other corners. Turn the cheese over and place on a parchment-lined plate (sealed edges down). Refrigerate for 2 hours.
- Preheat the oven to 200 degrees C. (400 degrees F.).
- Turn the cheese over (sealed edges up) and transfer to a 15 cm (6 in) round baking dish.
- Brush with the egg yolk mixture.
- Bake in the middle of the oven for 35 to 40 minutes or until the crust is nicely browned.
- Remove from oven and let rest 30 minutes before serving with the hazelnut bread.

## Nutrition Facts

 PROTEIN **10.97%**  FAT **63.1%**  CARBS **25.93%**

## Properties

Glycemic Index:20.78, Glycemic Load:10.34, Inflammation Score:-4, Nutrition Score:8.0091304468072%

## Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 368.76kcal (18.44%), Fat: 26.02g (40.03%), Saturated Fat: 9.67g (60.41%), Carbohydrates: 24.06g (8.02%), Net Carbohydrates: 23.32g (8.48%), Sugar: 3.76g (4.18%), Cholesterol: 60.73mg (20.24%), Sodium: 291.26mg (12.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.18g (20.35%), Selenium: 19.72µg (28.17%), Calcium: 210.35mg (21.03%), Phosphorus: 167.31mg (16.73%), Vitamin B2: 0.26mg (15.28%), Vitamin B1: 0.18mg (11.83%), Folate: 42.7µg (10.67%), Manganese: 0.21mg (10.51%), Zinc: 1.34mg (8.93%), Vitamin B3: 1.75mg (8.75%), Vitamin A: 436.41IU (8.73%), Vitamin K: 7.44µg (7.08%), Iron: 1.23mg (6.81%), Vitamin B12: 0.36µg (5.98%), Magnesium: 15.13mg (3.78%), Vitamin E: 0.56mg (3.75%), Copper: 0.07mg (3.46%), Fiber: 0.73g (2.93%), Vitamin D: 0.33µg (2.21%), Vitamin B5: 0.22mg (2.2%), Vitamin B6: 0.04mg (2.13%), Potassium: 67.95mg (1.94%), Vitamin C: 1.08mg (1.31%)