



Black Pepper-Chèvre Pastries

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



289 kcal

SIDE DISH

Ingredients

- 1 egg yolk lightly beaten
- 9 ounces goat cheese
- 2 tablespoons orange juice fresh
- 1 tablespoon cracked pepper black
- 17.3 ounce puff pastry sheets frozen thawed

Equipment

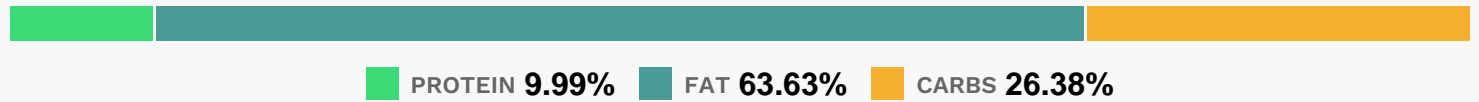
- bowl
- baking sheet

oven

Directions

- Stir together first 3 ingredients with a fork in a small bowl. Set aside.
- Roll each pastry sheet into a 12- x 8-inch rectangle.
- Cut each sheet into 6 (4-inch) squares.
- Spoon filling evenly into centers of squares.
- Brush edges of pastry with water. Fold each square of pastry into a triangle, gently pressing edges together with fingers.
- Place triangles on an ungreased baking sheet, and seal with a fork.
- Brush pastries with egg yolk.
- Bake at 400 for 12 minutes or until golden.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:10.19, Inflammation Score:-3, Nutrition Score:6.0395652314891%

Flavonoids

Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 288.69kcal (14.43%), Fat: 20.47g (31.5%), Saturated Fat: 7.19g (44.94%), Carbohydrates: 19.1g (6.37%), Net Carbohydrates: 18.36g (6.67%), Sugar: 0.74g (0.82%), Cholesterol: 25.98mg (8.66%), Sodium: 180.86mg (7.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.23g (14.46%), Selenium: 11.35µg (16.22%), Manganese: 0.29mg (14.28%), Vitamin B1: 0.18mg (12.22%), Vitamin B2: 0.21mg (12.13%), Copper: 0.21mg (10.56%), Folate: 37.56µg (9.39%), Vitamin B3: 1.81mg (9.06%), Phosphorus: 86.08mg (8.61%), Iron: 1.55mg (8.59%), Vitamin K: 7.79µg (7.42%), Vitamin A: 250.08IU (5%), Calcium: 38.32mg (3.83%), Vitamin B6: 0.07mg (3.48%), Zinc: 0.45mg (3.03%), Fiber: 0.75g (2.98%), Magnesium: 11.18mg (2.8%), Vitamin E: 0.3mg (2.03%), Vitamin B5: 0.2mg (2.02%), Vitamin C: 1.42mg (1.72%), Potassium: 44.41mg (1.27%), Vitamin B12: 0.07µg (1.16%), Vitamin D: 0.17µg (1.11%)