



Camembert and Cherry Pastry Puffs

 Vegetarian

READY IN



40 min.

SERVINGS



36

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 oz camembert cheese cut cubes plus extra to put on top cut into 1/4x1/4-inch pieces (do not remove rind)
- ☐ 3 tablespoons smucker's cherry preserves
- ☐ 0.3 cup cherries dried finely chopped
- ☐ 2 tablespoons pecans finely chopped
- ☐ 1 sheet puff pastry frozen thawed (from 17.3-oz package)

Equipment

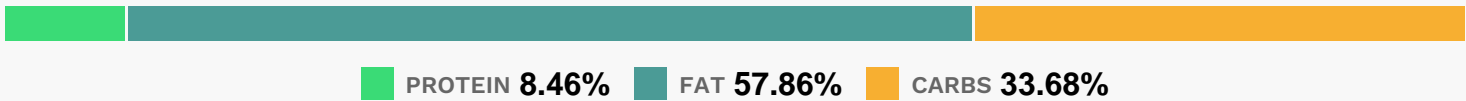
- ☐ bowl

- ☐ oven
- ☐ wooden spoon
- ☐ muffin liners

Directions

- ☐ Heat oven to 400F. Spray 36 mini muffin cups with cooking spray. On lightly floured surface, unfold pastry sheet.
- ☐ Cut sheet into 6 rows by 6 rows to get 36 (1 1/2-inch) squares. Lightly press 1 square into center of each muffin cup, pressing center to bottom of cup with finger.
- ☐ Bake 10 minutes.
- ☐ Meanwhile, in small bowl, mix cherries and cherry preserves until well blended; set aside.
- ☐ Press centers of pastry cups with handle of wooden spoon; bake 6 to 8 minutes longer or until golden brown.
- ☐ Immediately press pastry cups in center again. Fill each cup with about 1 heaping teaspoon cheese; top with 1/4 teaspoon cherry mixture.
- ☐ Sprinkle evenly with pecans.
- ☐ Bake 2 to 4 minutes or just until cheese is melted. Carefully remove from muffin cups; place on serving platter.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:4.11, Glycemic Load:2.29, Inflammation Score:-1, Nutrition Score:1.149130443516%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

Nutrients (% of daily need)

Calories: 58.1kcal (2.9%), Fat: 3.76g (5.78%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 4.92g (1.64%), Net Carbohydrates: 4.67g (1.7%), Sugar: 1.33g (1.48%), Cholesterol: 2.27mg (0.76%), Sodium: 44.14mg (1.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.47%), Selenium: 2.16µg (3.08%), Manganese: 0.06mg (3%), Vitamin B2: 0.04mg (2.15%), Vitamin B1: 0.03mg (2.13%), Folate: 7.57µg (1.89%), Phosphorus: 16.87mg (1.69%), Vitamin B3: 0.31mg (1.55%), Calcium: 14.38mg (1.44%), Iron: 0.22mg (1.22%), Vitamin K: 1.18µg (1.12%), Vitamin A: 56.09IU (1.12%), Fiber: 0.25g (1.01%)