



Cheddar-and-Black Sesame Cheese Straws

 Vegetarian

READY IN



65 min.

SERVINGS



4

CALORIES



831 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons sesame seeds black
- 1 teaspoons dijon mustard hot
- 1 large eggs
- 4 servings flour all-purpose
- 17.3 ounce puff pastry frozen thawed
- 3 ounces cheddar cheese shredded extra-sharp finely
- 1 teaspoon water

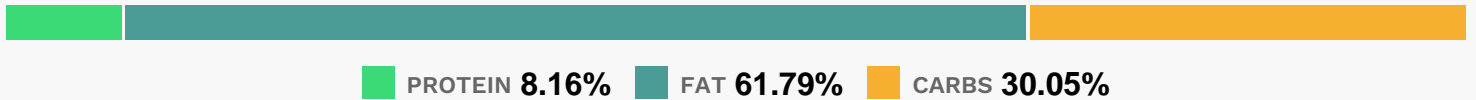
Equipment

- bowl
- baking sheet
- baking paper
- oven

Directions

- Preheat oven to 42
- Unfold pastry sheet onto a lightly floured surface.
- Roll into a 10- x 12-inch rectangle.
- Lightly beat egg, water, and desired amount of sriracha in a small bowl.
- Brush pastry with egg wash.
- Sprinkle half of pastry lengthwise with cheese; fold other half over cheese, pressing lightly. Lightly flour pastry, and gently roll into a 7- x 12-inch rectangle.
- Brush top of pastry with egg wash; sprinkle with sesame seeds. Chill 30 minutes.
- Cut pastry crosswise into 1/2-inch strips. Twist each strip, and place on a parchment paper-lined baking sheet.
- Bake 15 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:56.25, Glycemic Load:34.38, Inflammation Score:-6, Nutrition Score:17.4960868259%

Nutrients (% of daily need)

Calories: 831.2kcal (41.56%), Fat: 57.24g (88.05%), Saturated Fat: 16.59g (103.69%), Carbohydrates: 62.63g (20.88%), Net Carbohydrates: 60.07g (21.84%), Sugar: 1.07g (1.19%), Cholesterol: 67.76mg (22.59%), Sodium: 476.51mg (20.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.02g (34.03%), Selenium: 43.87µg (62.67%), Vitamin B1: 0.59mg (39.47%), Manganese: 0.76mg (37.94%), Vitamin B2: 0.55mg (32.1%), Folate: 123.67µg (30.92%), Vitamin B3: 5.76mg (28.81%), Iron: 4.34mg (24.12%), Phosphorus: 230.31mg (23.03%), Calcium: 210.53mg (21.05%), Vitamin K: 20.33µg (19.36%), Copper: 0.33mg (16.55%), Zinc: 1.96mg (13.08%), Magnesium: 43.16mg (10.79%), Fiber: 2.57g (10.27%), Vitamin E: 0.97mg (6.48%), Vitamin A: 283.02IU (5.66%), Vitamin B12: 0.34µg

(5.61%), Vitamin B6: 0.1mg (4.87%), Potassium: 137.04mg (3.92%), Vitamin B5: 0.32mg (3.18%), Vitamin D: 0.38µg (2.52%)