



Cheddar-Herb Twists

 Vegetarian

READY IN



34 min.

SERVINGS



20

CALORIES



182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon cayenne
- ☐ 1 Tbsp sage fresh finely chopped
- ☐ 1 Tbsp thyme leaves fresh finely chopped
- ☐ 1.5 tsp oregano fresh finely chopped
- ☐ 17.3 oz puff pastry frozen thawed (2 sheets)
- ☐ 20 servings salt
- ☐ 2 cups sharp cheddar shredded finely

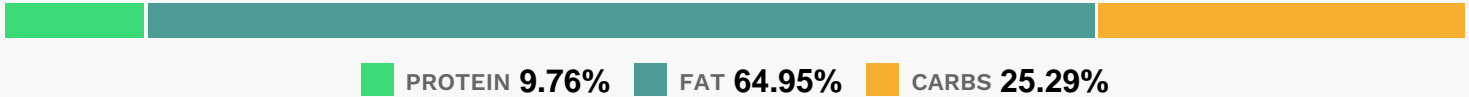
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ cutting board

Directions

- ☐ Line 2 large baking sheets with parchment. In a bowl, combine cheese, herbs and cayenne. Season with salt.
- ☐ On a lightly floured surface, roll out a sheet of pastry to a 16-by-9 1/2-inch rectangle. With the short side facing you, spread half of cheese mixture over bottom half of pastry sheet. Fold top half of pastry toward you over bottom half, enclosing cheese mixture (into 8-by-9 1/2-inch rectangle). Press pastry down to help dough layers adhere and force out air pockets.
- ☐ Roll pastry into a 8-by-16-inch rectangle.
- ☐ Transfer to baking sheet; chill for 20minutes. Repeat with remaining pastry sheet and cheese mixture. Refrigerate for 20minutes. Preheat oven to425F.
- ☐ Remove 1pastry sheet from refrigerator and place on a lightly floured cutting board.
- ☐ Place a fresh sheet of parchment on the baking sheet. With a sharp knife, trim uneven edges from pastry, then cut pastry into 32 1/2-by-8-inch strips. Holding 1 end in each hand, twist each strip 3or 4times and place 1 inch apart on lined baking sheet, pressing ends down. (You'll fit 10to 12twists on each sheet.)
- ☐ Bake twists for 12to 14minutes, until golden brown.
- ☐ Transfer twists to wire racks to cool. Repeat with remaining pastry.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:8.25, Glycemic Load:6.08, Inflammation Score:-5, Nutrition Score:5.8969565629959%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg

Nutrients (% of daily need)

Calories: 182.45kcal (9.12%), Fat: 13.22g (20.33%), Saturated Fat: 4.55g (28.42%), Carbohydrates: 11.58g (3.86%), Net Carbohydrates: 11.08g (4.03%), Sugar: 0.23g (0.25%), Cholesterol: 11.3mg (3.77%), Sodium: 328.84mg (14.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.94%), Copper: 0.94mg (47.18%), Selenium: 9.14µg (13.06%), Calcium: 88.04mg (8.8%), Manganese: 0.16mg (8.22%), Vitamin B2: 0.12mg (7.19%), Vitamin B1: 0.1mg (6.82%), Phosphorus: 67.22mg (6.72%), Folate: 22µg (5.5%), Vitamin B3: 1.04mg (5.21%), Vitamin K: 5.08µg (4.84%), Iron: 0.79mg (4.41%), Zinc: 0.56mg (3.74%), Vitamin A: 142.8IU (2.86%), Magnesium: 8.45mg (2.11%), Fiber: 0.5g (2.01%), Vitamin B12: 0.12µg (2%), Vitamin E: 0.25mg (1.66%)