



Cheese and Spinach Puff Pastry Pockets

READY IN



65 min.

SERVINGS



12

CALORIES



403 kcal

CRUST

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.3 cups fontina grated
- ☐ 3 to 5 green onions finely chopped
- ☐ 1 cup heavy cream
- ☐ 0.3 cup parmesan freshly grated
- ☐ 12 puff pastry shells frozen
- ☐ 0.5 teaspoon salt
- ☐ 16 ounce pkt spinach frozen dry thawed chopped
- ☐ 0.3 cup milk whole

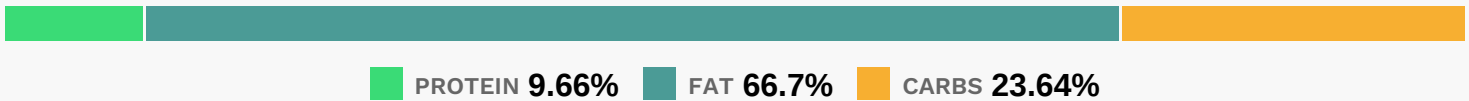
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Line a heavy large baking sheet with parchment paper. Arrange the frozen pastry shells on the baking sheet and bake until they puff and become golden brown, about 20 minutes. Using a small knife, cut out the center of the pastry shells.
- ☐ Meanwhile, stir the cream, milk, salt, and pepper in a medium bowl. Stir in the spinach, Fontina cheese, Parmesan, and green onions. Spoon the spinach mixture into the baked pastry shells.
- ☐ Bake until the pastries are golden brown and the filling is hot, about 25 to 30 minutes.
- ☐ Transfer the pastries to a platter and serve.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:11.7, Inflammation Score:-10, Nutrition Score:18.416956538739%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 403.24kcal (20.16%), Fat: 30.27g (46.57%), Saturated Fat: 12.19g (76.17%), Carbohydrates: 24.14g (8.05%), Net Carbohydrates: 22.24g (8.09%), Sugar: 1.72g (1.91%), Cholesterol: 40.39mg (13.46%), Sodium: 393.05mg (17.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.86g (19.72%), Vitamin K: 155.57µg (148.16%), Vitamin

A: 4904.78IU (98.1%), Manganese: 0.51mg (25.69%), Selenium: 16.82µg (24.03%), Folate: 95.17µg (23.79%), Vitamin B2: 0.3mg (17.62%), Calcium: 175.68mg (17.57%), Vitamin B1: 0.23mg (15.66%), Phosphorus: 126.63mg (12.66%), Iron: 2.04mg (11.33%), Vitamin B3: 2.21mg (11.06%), Vitamin E: 1.59mg (10.63%), Magnesium: 41.45mg (10.36%), Fiber: 1.9g (7.6%), Zinc: 1.08mg (7.2%), Copper: 0.12mg (5.9%), Potassium: 206.05mg (5.89%), Vitamin B12: 0.32µg (5.25%), Vitamin B6: 0.1mg (5.02%), Vitamin C: 2.76mg (3.35%), Vitamin D: 0.47µg (3.11%), Vitamin B5: 0.18mg (1.77%)