



Cheese Puff Pastries

READY IN



65 min.

SERVINGS



20

CALORIES



88 kcal

CRUST

Ingredients

- ☐ 0.5 teaspoon chives thinly sliced
- ☐ 1 large eggs
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons milk
- ☐ 0.1 teaspoon paprika
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 1 puff pastry sheet frozen
- ☐ 2 tablespoons sharp cheddar cheese freshly grated

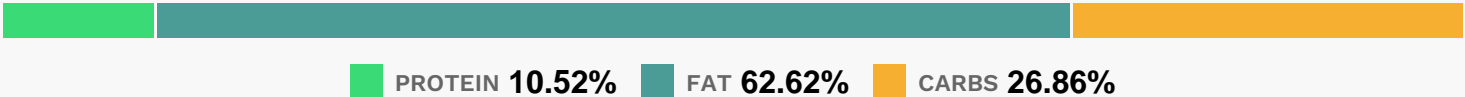
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ rolling pin

Directions

- ☐ Preheat oven to 40
- ☐ Let frozen puff pastry sheet stand at room temperature, covered with a cloth towel, 30 minutes or until partially thawed. Unfold pastry sheet on a lightly floured surface.
- ☐ Whisk together egg and milk.
- ☐ Brush pastry sheet with egg mixture, and sprinkle with Parmesan cheese, Cheddar cheese, and chives. Cover pastry with plastic wrap, and gently press cheese and chives into pastry to adhere, using a rolling pin.
- ☐ Remove plastic wrap; sprinkle pastry with salt and paprika.
- ☐ Cut with a 2 1/2-inch round cutter, and place 1 inch apart on a parchment paper-lined baking sheet.
- ☐ Bake at 400 for 10 to 15 minutes or until golden brown.
- ☐ Remove from oven to a wire rack, and cool 5 minutes.

Nutrition Facts



Properties

Glycemic Index:9.05, Glycemic Load:3.01, Inflammation Score:-1, Nutrition Score:1.8999999847425%

Nutrients (% of daily need)

Calories: 88.06kcal (4.4%), Fat: 6.13g (9.44%), Saturated Fat: 1.94g (12.15%), Carbohydrates: 5.92g (1.97%), Net Carbohydrates: 5.73g (2.08%), Sugar: 0.13g (0.15%), Cholesterol: 13.03mg (4.35%), Sodium: 116.88mg (5.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.64%), Selenium: 5.04µg (7.2%), Vitamin B2: 0.06mg (3.66%), Calcium: 36.01mg (3.6%), Phosphorus: 35.58mg (3.56%), Vitamin B1: 0.05mg (3.41%), Manganese: 0.06mg (3.16%), Folate: 11.23µg (2.81%), Vitamin B3: 0.52mg (2.59%), Iron: 0.37mg (2.08%), Vitamin K: 2.12µg (2.02%), Zinc: 0.26mg (1.76%), Vitamin B12: 0.07µg (1.24%), Vitamin A: 58.33IU (1.17%)