

Cheese Ramkin

READY IN



45 min.

SERVINGS



24

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 eggs
- 1 tablespoon flour all-purpose
- 1 pinch nutmeg
- 0.1 teaspoon pepper black
- 2 cups gruyere cheese shredded
- 1 cup milk
- 17.3 ounce puff pastry frozen thawed

Equipment

- bowl
- oven
- whisk
- muffin tray

Directions

- Preheat the oven to 400 degrees F (200 degrees C).
- Roll out the puff pastry sheets to 1/4 inch thickness on a lightly floured surface.
- Cut into 3 inch squares. Press the squares into the cups of two 12 cup muffin tins to make pastry cups.
- In a medium bowl, whisk together the egg, milk, flour, pepper and nutmeg. Stir in cheese until evenly blended. Distribute the mixture evenly amongst the pastry cups.
- Bake for 12 to 15 minutes in the preheated oven, until the pastry is golden brown and the filling has puffed up. Cool in the pans until you can touch them before removing.
- Serve warm or at room temperature.

Nutrition Facts

PROTEIN 12.78% **FAT 63.44%** **CARBS 23.78%**

Properties

Glycemic Index:11.29, Glycemic Load:5.34, Inflammation Score:-2, Nutrition Score:3.8526087325552%

Nutrients (% of daily need)

Calories: 167.81kcal (8.39%), Fat: 11.83g (18.21%), Saturated Fat: 4.3g (26.89%), Carbohydrates: 9.98g (3.33%), Net Carbohydrates: 9.66g (3.51%), Sugar: 0.7g (0.78%), Cholesterol: 20.14mg (6.71%), Sodium: 135.76mg (5.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.73%), Calcium: 126.84mg (12.68%), Selenium: 7.39µg (10.56%), Phosphorus: 93.12mg (9.31%), Vitamin B2: 0.11mg (6.61%), Vitamin B1: 0.1mg (6.45%), Manganese: 0.11mg (5.34%), Folate: 18.46µg (4.62%), Vitamin B3: 0.89mg (4.46%), Vitamin B12: 0.25µg (4.12%), Zinc: 0.61mg (4.04%), Vitamin K: 3.63µg (3.46%), Iron: 0.59mg (3.27%), Vitamin A: 130.95IU (2.62%), Magnesium: 8.82mg (2.21%), Copper: 0.03mg (1.46%), Vitamin D: 0.21µg (1.43%), Fiber: 0.33g (1.3%), Vitamin B5: 0.13mg (1.29%), Potassium: 39.74mg (1.14%), Vitamin B6: 0.02mg (1.14%), Vitamin E: 0.17mg (1.1%)