



Cheese Straw Twists

READY IN



33 min.

SERVINGS



4

CALORIES



763 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.7 cup parmesan cheese grated
- 1 teaspoon paprika
- 17.3 ounces puff pastry frozen thawed
- 1 eggs slightly beaten

Equipment

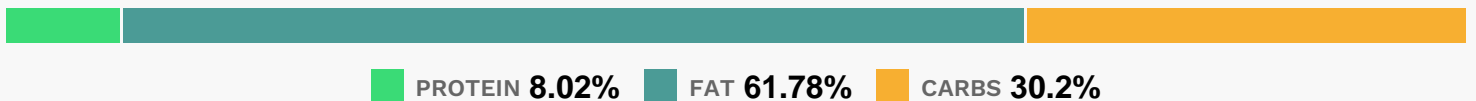
- baking sheet
- baking paper
- oven

- wire rack
- rolling pin

Directions

- Heat oven to 425°F. Cover 2 cookie sheets with cooking parchment paper or heavy brown paper.
- Mix cheese and paprika.
- Roll 1 sheet of pastry into 12x10 inch rectangle on lightly floured surface with floured cloth-covered rolling pin.
- Brush egg over pastry.
- Sprinkle with 3 tablespoons of the cheese mixture. Press cheese mixture gently into pastry. Turn pastry over. Repeat brushing with egg and sprinkling with cheese mixture.
- Fold pastry lengthwise in half.
- Cut pastry crosswise into 1/2-inch strips. Unfold strips and roll each end in opposite directions to twist.
- Place twists on cookie sheet.
- Bake 7 to 8 minutes or until puffed and golden brown.
- Remove from cookie sheet to wire rack. Repeat with remaining sheet of pastry, egg and cheese mixture.
- Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:29.95, Inflammation Score:-6, Nutrition Score:14.794782763347%

Nutrients (% of daily need)

Calories: 762.9kcal (38.14%), Fat: 52.49g (80.76%), Saturated Fat: 14.76g (92.26%), Carbohydrates: 57.71g (19.24%), Net Carbohydrates: 55.7g (20.25%), Sugar: 1.01g (1.12%), Cholesterol: 55.42mg (18.47%), Sodium: 612.93mg (26.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.34g (30.68%), Selenium: 38.91µg (55.59%), Vitamin B1: 0.5mg (33.24%), Manganese: 0.62mg (31.18%), Vitamin B2: 0.46mg (27.11%), Vitamin B3: 5.18mg (25.91%), Folate:

102.05µg (25.51%), Phosphorus: 202.58mg (20.26%), Iron: 3.51mg (19.51%), Vitamin K: 20.46µg (19.48%), Calcium: 166.9mg (16.69%), Zinc: 1.54mg (10.23%), Vitamin A: 451.06IU (9.02%), Fiber: 2.01g (8.05%), Copper: 0.16mg (7.9%), Magnesium: 27.66mg (6.92%), Vitamin E: 1.01mg (6.72%), Vitamin B12: 0.32µg (5.38%), Potassium: 132.04mg (3.77%), Vitamin B6: 0.07mg (3.43%), Vitamin B5: 0.24mg (2.35%), Vitamin D: 0.3µg (2.02%)