



Cheese Straws

READY IN



30 min.

SERVINGS



22

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 22 servings pepper black freshly ground
- 1 extra large eggs
- 1 teaspoon thyme sprigs fresh minced
- 1 cup gruyere cheese finely grated
- 1 teaspoon kosher salt
- 0.5 cup parmesan cheese freshly grated
- 2 sheets puff pastry frozen (1 box) (preferably Pepperidge Farm)

Equipment

- baking sheet
- baking paper
- oven
- knife
- rolling pin
- drinking straws

Directions

- Preheat the oven to 375 degrees F.
- Roll out each sheet of puff pastry on a lightly floured board until it's 10 by 12 inches. Beat the egg with 1 tablespoon of water and brush the surface of the pastry.
- Sprinkle each sheet evenly with 1/4 cup of the parmesan, 1/2 cup of the gruyere, 1/2 teaspoon of the thyme, 1/2 teaspoon of the salt, and some pepper. With the rolling pin, lightly press the flavorings into the puff pastry.
- Cut each sheet crosswise with a floured knife or pizza wheel into 11 or 12 strips. Twist each strip and lay on baking sheets lined with parchment paper.
- Bake for 10 to 15 minutes, until lightly browned and puffed. Turn each straw and bake for another 2 minutes. Don't overbake or the cheese will burn. Cool and serve at room temperature.
- Let the puff pastry thaw in the refrigerator overnight.
- Photograph by Quentin Bacon

Nutrition Facts



PROTEIN 10.97% **FAT 63.1%** **CARBS 25.93%**

Properties

Glycemic Index:6.05, Glycemic Load:5.45, Inflammation Score:-2, Nutrition Score:3.4404347953589%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 161.05kcal (8.05%), Fat: 11.31g (17.4%), Saturated Fat: 3.72g (23.22%), Carbohydrates: 10.45g (3.48%), Net Carbohydrates: 10.08g (3.67%), Sugar: 0.2g (0.22%), Cholesterol: 18.05mg (6.02%), Sodium: 247.42mg (10.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.85%), Selenium: 7.84µg (11.2%), Calcium: 85.22mg (8.52%), Phosphorus: 69.37mg (6.94%), Manganese: 0.13mg (6.35%), Vitamin B1: 0.09mg (6.27%), Vitamin B2: 0.1mg (5.87%), Folate: 19.36µg (4.84%), Vitamin B3: 0.94mg (4.71%), Vitamin K: 3.96µg (3.77%), Iron: 0.66mg (3.68%), Zinc: 0.49mg (3.24%), Vitamin B12: 0.15µg (2.49%), Vitamin A: 95.37IU (1.91%), Magnesium: 7.14mg (1.79%), Copper: 0.03mg (1.6%), Fiber: 0.37g (1.49%), Vitamin E: 0.18mg (1.18%)