



## Cheese Twists

READY IN



45 min.

SERVINGS



36

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 teaspoon parsley flakes dried
- 1 egg white lightly beaten
- 0.3 teaspoon garlic powder
- 0.5 cup parmesan cheese grated
- 0.8 teaspoon seasoned pepper
- 17.3 ounce puff pastry sheets frozen thawed

## Equipment

- bowl

baking sheet

oven

## Directions

Combine first 4 ingredients in a small bowl; stir well and set aside.

Unfold one puff pastry sheet.

Brush lightly with egg white.

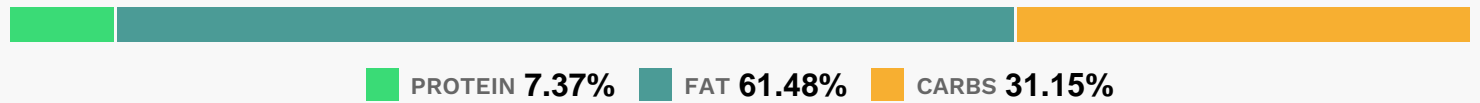
Sprinkle 2 tablespoons cheese mixture evenly over surface of pastry sheet; lightly press cheese mixture into pastry sheet. Turn pastry sheet over and repeat procedure.

Cut pastry sheet in half; cut each half into 9 strips (about 1" wide). Twist each strip into a tight spiral and place on lightly greased baking sheets.

Repeat procedure with remaining pastry sheet, egg white, and cheese mixture.

Bake at 350 for 16 to 18 minutes or until golden.

## Nutrition Facts



## Properties

Glycemic Index:2.58, Glycemic Load:3.32, Inflammation Score:-1, Nutrition Score:1.464347831419%

## Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg

## Nutrients (% of daily need)

Calories: 81.31kcal (4.07%), Fat: 5.57g (8.57%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 6.35g (2.12%), Net Carbohydrates: 6.13g (2.23%), Sugar: 0.11g (0.12%), Cholesterol: 1.21mg (0.4%), Sodium: 59.54mg (2.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3%), Selenium: 3.95µg (5.64%), Manganese: 0.07mg (3.66%), Vitamin B1: 0.05mg (3.64%), Vitamin B3: 0.57mg (2.84%), Vitamin B2: 0.05mg (2.77%), Folate: 10.73µg (2.68%), Vitamin K: 2.3µg (2.19%), Iron: 0.36mg (2%), Phosphorus: 17.24mg (1.72%), Calcium: 13.91mg (1.39%)