



## Cheesy Pastry Puffs

 Vegetarian

READY IN



70 min.

SERVINGS



12

CALORIES



173 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon double-acting baking powder
- 1.3 cups flour for dusting all-purpose
- 0.3 teaspoon kosher salt
- 0.3 teaspoon oregano dried
- 1 stick butter unsalted chilled cut into 1/2-inch pieces,
- 6 ounces cheddar shredded white

### Equipment

- food processor

- bowl
- baking sheet
- baking paper
- oven
- wire rack
- plastic wrap
- cookie cutter
- rolling pin

## Directions

- Watch how to make this recipe.
- Special equipment: 3-inch cookie cutters in assorted shapes, such as animals, stars and flowers
- Place an oven rack in the center of the oven. Preheat the oven to 375 degrees F. Line a baking sheet with parchment paper.
- Crumble the oregano and salt in a small bowl using your hands and set aside.
- Combine the flour, baking powder and butter in a food processor. Pulse until the mixture forms a coarse meal.
- Add the cheese and 1 tablespoon ice water. Process until the mixture forms into a ball, adding extra water, 1 teaspoon at a time, if needed. On a lightly-floured work surface, roll out the dough into a 10-inch-diameter circle, about 1/4-inch thick. Form the dough into a flat disc and cover with plastic wrap. Refrigerate for 30 minutes.
- Sprinkle the dough with the seasoned salt. Gently roll the salt into the dough using a rolling pin.
- Cut the dough into different shapes using the cookie cutters, and transfer to the prepared baking sheets.
- Bake until puffed and golden, 10 to 12 minutes.
- Transfer to a wire rack to cool, about 10 minutes.

## Nutrition Facts



 PROTEIN **10.9%**  FAT **65.27%**  CARBS **23.83%**

## Properties

Glycemic Index:16.58, Glycemic Load:7.3, Inflammation Score:-3, Nutrition Score:4.0034782731015%

## Nutrients (% of daily need)

Calories: 172.9kcal (8.65%), Fat: 12.59g (19.36%), Saturated Fat: 7.58g (47.37%), Carbohydrates: 10.34g (3.45%), Net Carbohydrates: 9.97g (3.63%), Sugar: 0.09g (0.1%), Cholesterol: 34.42mg (11.47%), Sodium: 151.29mg (6.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.46%), Selenium: 8.52µg (12.17%), Calcium: 110.02mg (11%), Phosphorus: 83.13mg (8.31%), Vitamin B2: 0.13mg (7.66%), Vitamin A: 378.06IU (7.56%), Vitamin B1: 0.11mg (7.12%), Folate: 27.19µg (6.8%), Manganese: 0.09mg (4.64%), Zinc: 0.62mg (4.14%), Vitamin B3: 0.78mg (3.91%), Iron: 0.65mg (3.63%), Vitamin B12: 0.17µg (2.77%), Vitamin E: 0.34mg (2.27%), Magnesium: 7.02mg (1.75%), Vitamin D: 0.23µg (1.51%), Fiber: 0.37g (1.48%), Copper: 0.03mg (1.26%), Vitamin B5: 0.13mg (1.26%), Vitamin K: 1.3µg (1.24%)