



Chocolate and Cheese Danish

 Popular

READY IN



30 min.

SERVINGS



8

CALORIES



165 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup chocolate chips mini
- ☐ 2 ounces cream cheese at room temperature
- ☐ 1 eggs beaten
- ☐ 1 egg yolk
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 ounces mascarpone cheese at room temperature
- ☐ 9 inch sheets puff pastry frozen thawed 9-inch-square
- ☐ 0.1 teaspoon sea salt fine

- ☐ 3 tablespoons sugar
- ☐ 0.5 teaspoon vanilla extract pure

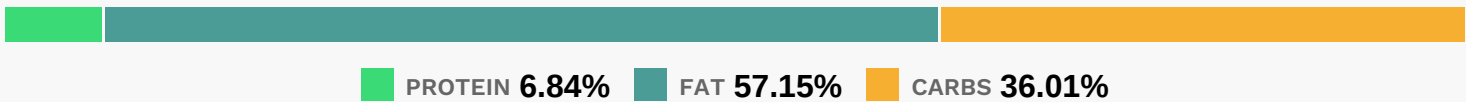
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ pastry brush

Directions

- ☐ Watch how to make this recipe.
- ☐ Put an oven rack in the center of the oven. Preheat the oven to 400 degrees F. Line 2 baking sheets with parchment paper. Set aside.
- ☐ Filling: In a small bowl, mix together the cheeses, egg yolk, flour, sugar, vanilla and salt until smooth. Fold in the chocolate chips. Set aside.
- ☐ Cut each sheet of pastry into 4 equal-sized squares. Put 4 pastry squares on each prepared baking sheet. Spoon about 2 to 3 teaspoons of the filling into the center of each piece of pastry. Fold 1 corner of the pastry diagonally over the filling to within 1-inch of the opposite corner. Using a pastry brush, brush the folded-over section lightly with the beaten egg. Fold the opposite corner over the egg-brushed pastry to form an open-ended Danish.
- ☐ Brush the pastry with beaten egg and bake until puffed and golden, about 15 minutes.
- ☐ Remove from the oven and cool for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:28.51, Glycemic Load:4.46, Inflammation Score:-2, Nutrition Score:1.9369565099478%

Nutrients (% of daily need)

Calories: 165.49kcal (8.27%), Fat: 10.49g (16.13%), Saturated Fat: 5.71g (35.67%), Carbohydrates: 14.87g (4.96%), Net Carbohydrates: 14.49g (5.27%), Sugar: 11.88g (13.2%), Cholesterol: 60.69mg (20.23%), Sodium: 86.23mg (3.75%), Alcohol: 0.09g (100%), Alcohol %: 0.26% (100%), Protein: 2.83g (5.65%), Selenium: 4.59µg (6.56%), Vitamin A: 281.78IU (5.64%), Vitamin B2: 0.07mg (3.95%), Calcium: 36.35mg (3.64%), Phosphorus: 29.99mg (3%), Folate: 10.45µg (2.61%), Iron: 0.42mg (2.35%), Vitamin B5: 0.2mg (1.96%), Vitamin B12: 0.11µg (1.81%), Vitamin B1: 0.03mg (1.77%), Vitamin D: 0.23µg (1.54%), Fiber: 0.37g (1.49%), Vitamin E: 0.19mg (1.28%), Manganese: 0.02mg (1.24%), Zinc: 0.18mg (1.2%), Vitamin B6: 0.02mg (1.11%)