



Cinnamon-Nut Palmiers



Vegetarian



Dairy Free

READY IN



40 min.

SERVINGS



1

CALORIES



3220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup pecans finely chopped
- ☐ 17.3 ounce puff pastry sheets frozen thawed
- ☐ 0.3 cup sugar divided
- ☐ 1 tablespoon water

Equipment

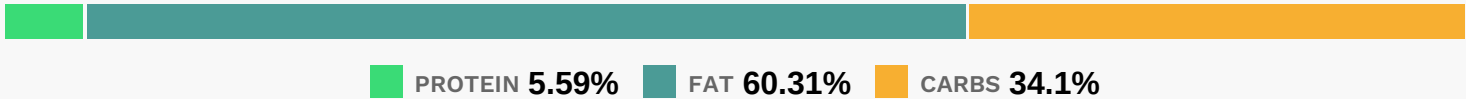
- ☐ baking sheet

☐ oven

Directions

- ☐ Unfold pastry sheets on a surface sprinkled with 2 tablespoons sugar; roll each sheet into a 16- x 12-inch rectangle.
- ☐ Combine egg and 1 tablespoon water; brush pastry sheets with half of mixture.
- ☐ Combine cinnamon, chopped pecans, and remaining 2 tablespoons sugar; sprinkle over pastry. Starting at each short end, roll pastry up tightly, jellyroll fashion, to meet in center. (The shape of the roll resembles a scroll.)
- ☐ Brush with remaining egg mixture.
- ☐ Cut each roll into 1/2-inch-thick slices; place 2 inches apart on lightly greased baking sheets.
- ☐ Bake at 400 for 10 minutes or until palmiers are golden.

Nutrition Facts



Properties

Glycemic Index:141.09, Glycemic Load:154.82, Inflammation Score:-9, Nutrition Score:46.232608515283%

Flavonoids

Cyanidin: 3.9mg, Cyanidin: 3.9mg, Cyanidin: 3.9mg, Cyanidin: 3.9mg Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg

Nutrients (% of daily need)

Calories: 3219.9kcal (160.99%), Fat: 217.95g (335.3%), Saturated Fat: 51.11g (319.42%), Carbohydrates: 277.21g (92.4%), Net Carbohydrates: 265.83g (96.67%), Sugar: 55.18g (61.31%), Cholesterol: 186mg (62%), Sodium: 1293.56mg (56.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.47g (90.95%), Manganese: 4.22mg (210.95%), Selenium: 135.75µg (193.93%), Vitamin B1: 2.21mg (147.47%), Vitamin B3: 20.92mg (104.59%), Folate: 414.1µg (103.53%), Vitamin B2: 1.67mg (98.45%), Iron: 14.46mg (80.32%), Vitamin K: 80.7µg (76.85%), Copper: 1.04mg (52.02%), Phosphorus: 494.55mg (49.46%), Fiber: 11.38g (45.5%), Zinc: 4.92mg (32.77%), Magnesium: 129.18mg (32.3%), Vitamin E: 3.71mg (24.7%), Potassium: 522.45mg (14.93%), Vitamin B6: 0.27mg (13.29%), Calcium: 113.45mg (11.34%), Vitamin B5: 1.08mg (10.84%), Vitamin B12: 0.44µg (7.42%), Vitamin D: 1µg (6.67%), Vitamin A:

298.2IU (5.96%)