



Cream Cheese Pastry

READY IN



45 min.

SERVINGS



33

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

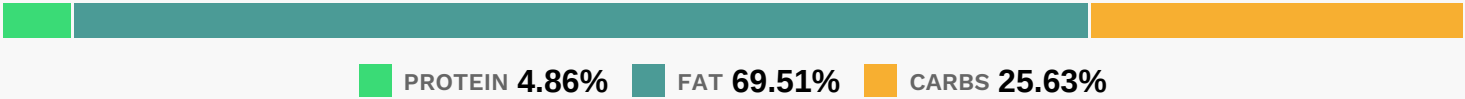
- ☐ 0.5 cup butter softened
- ☐ 3 ounce cream cheese softened
- ☐ 1 cup flour all-purpose

Equipment

Directions

- ☐ Combine cream cheese and butter; cream until smooth.
- ☐ Add flour, mixing well. Chill dough at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:3.09, Glycemic Load:2.13, Inflammation Score:-1, Nutrition Score:0.79869565327206%

Nutrients (% of daily need)

Calories: 47.54kcal (2.38%), Fat: 3.69g (5.68%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 2.96g (1.08%), Sugar: 0.11g (0.12%), Cholesterol: 2.6mg (0.87%), Sodium: 40.6mg (1.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Vitamin A: 157.64IU (3.15%), Selenium: 1.51µg (2.15%), Vitamin B1: 0.03mg (2.04%), Folate: 7.2µg (1.8%), Vitamin B2: 0.03mg (1.52%), Manganese: 0.03mg (1.31%), Vitamin B3: 0.23mg (1.13%)