



Creamy Stuffed Pastry Bites

READY IN



30 min.

SERVINGS



30

CALORIES



107 kcal

SIDE DISH

Ingredients

- 4 oz philadelphia cream cheese softened ()
- 1 eggs
- 0.5 tsp parsley fresh chopped
- 2 green onions sliced
- 1 Tbsp milk
- 17 oz puff pastry frozen thawed (2 sheets)
- 30 servings salt and pepper
- 0.5 cup turkey cooked finely chopped

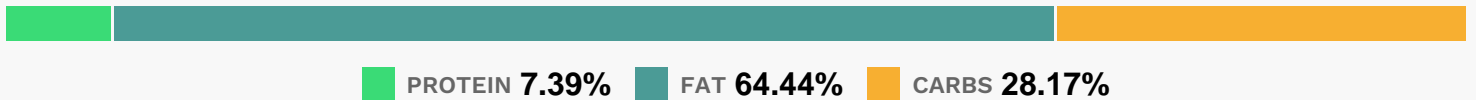
Equipment

- baking sheet
- oven
- whisk
- cutting board

Directions

- Preheat oven to 400F.
- Mix cream cheese, turkey, onions and parsley until well blended. Season with salt and pepper to taste.
- Place pastry sheets on cutting board.
- Cut out 22 circles from each pastry sheet, using a 2-inch round cutter. Beat egg and milk with wire whisk until well blended.
- Spoon 1 tsp. of the turkey mixture onto center of each pastry circle.
- Brush edge of pastry with egg mixture. Fold pastry in half to completely enclose filling; press edges together to seal.
- Place on baking sheet; brush tops with remaining egg mixture.
- Bake 12 to 15 minutes or until golden brown.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:4, Inflammation Score:-1, Nutrition Score:2.0234782630983%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 106.74kcal (5.34%), Fat: 7.67g (11.8%), Saturated Fat: 2.39g (14.95%), Carbohydrates: 7.55g (2.52%), Net Carbohydrates: 7.28g (2.65%), Sugar: 0.31g (0.34%), Cholesterol: 10.53mg (3.51%), Sodium: 249.92mg (10.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Selenium: 5.03µg (7.19%), Vitamin B1: 0.07mg (4.46%), Vitamin K: 4.36µg (4.15%), Manganese: 0.08mg (4.06%), Vitamin B3: 0.81mg (4.03%), Vitamin B2: 0.07mg (3.84%), Folate: 14.19µg (3.55%), Iron: 0.47mg (2.61%), Phosphorus: 20.42mg (2.04%), Vitamin A: 68.7IU (1.37%), Copper: 0.02mg (1.11%), Zinc: 0.16mg (1.05%), Fiber: 0.26g (1.05%)