



## Easy Cheese Danish

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



492 kcal

SIDE DISH

### Ingredients

- 8 ounces cream cheese at room temperature
- 1 eggs with 1 tablespoon water, for egg wash beaten
- 2 extra large egg yolks at room temperature
- 0.3 teaspoon kosher salt
- 1 tablespoon lemon zest grated (2 lemons)
- 2 sheets puff pastry frozen (1 box)
- 2 tablespoons ricotta cheese
- 0.3 cup sugar

- 1 teaspoon vanilla extract pure

## Equipment

- bowl
- frying pan
- baking paper
- oven
- knife
- blender
- hand mixer
- rolling pin

## Directions

- Preheat the oven to 400 degrees F. Line a sheet pan with parchment paper.
- Place the cream cheese and sugar in the bowl of an electric mixer fitted with a paddle attachment and cream them together on low speed until smooth. With the mixer still on low, add the egg yolks, ricotta, vanilla, salt, and lemon zest and mix until just combined. Don't whip!
- Unfold 1 sheet of puff pastry onto a lightly floured board and roll it slightly with a floured rolling pin until it's a 10 by 10-inch square.
- Cut the sheet into quarters with a sharp knife.
- Place a heaping tablespoon of cheese filling into the middle of each of the 4 squares.
- Brush the border of each pastry with egg wash and fold 2 opposite corners to the center, brushing and overlapping the corners of each pastry so they firmly stick together.
- Brush the top of the pastries with egg wash.
- Place the pastries on the prepared sheet pan. Repeat with the second sheet of puff pastry and refrigerate the filled Danish for 15 minutes.
- Bake the pastries for about 20 minutes, rotating the pan once during baking, until puffed and brown.
- Serve warm.

## Nutrition Facts

PROTEIN 5.96% FAT 63.34% CARBS 30.7%

## Properties

Glycemic Index:22.51, Glycemic Load:21.23, Inflammation Score:-4, Nutrition Score:7.8917391507522%

## Nutrients (% of daily need)

Calories: 491.6kcal (24.58%), Fat: 34.8g (53.53%), Saturated Fat: 12.37g (77.34%), Carbohydrates: 37.95g (12.65%), Net Carbohydrates: 36.95g (13.44%), Sugar: 9.97g (11.07%), Cholesterol: 79.15mg (26.38%), Sodium: 319.81mg (13.9%), Alcohol: 0.17g (100%), Alcohol %: 0.2% (100%), Protein: 7.36g (14.73%), Selenium: 20.38µg (29.11%), Vitamin B1: 0.26mg (17.28%), Vitamin B2: 0.27mg (16.02%), Manganese: 0.31mg (15.32%), Folate: 57.44µg (14.36%), Vitamin B3: 2.59mg (12.94%), Vitamin K: 10.53µg (10.03%), Iron: 1.75mg (9.71%), Vitamin A: 463.3IU (9.27%), Phosphorus: 90.68mg (9.07%), Calcium: 48.45mg (4.85%), Vitamin E: 0.7mg (4.64%), Zinc: 0.62mg (4.11%), Copper: 0.08mg (4.06%), Fiber: 1g (3.99%), Magnesium: 13.19mg (3.3%), Vitamin B5: 0.31mg (3.07%), Vitamin B12: 0.16µg (2.71%), Potassium: 85.75mg (2.45%), Vitamin B6: 0.05mg (2.38%), Vitamin D: 0.25µg (1.67%), Vitamin C: 0.97mg (1.17%)