



Easy Mushroom Puffs

READY IN



62 min.

SERVINGS



32

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce alouette garlic & herbs spreadable cheese with philadelphia swirls)
- ☐ 1 teaspoon chives dried
- ☐ 1 large eggs
- ☐ 0.3 teaspoon hot sauce
- ☐ 9 ounce mushrooms drained sliced
- ☐ 0.5 cup onion chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 17.3 ounce puff pastry frozen thawed
- ☐ 1 tablespoon water

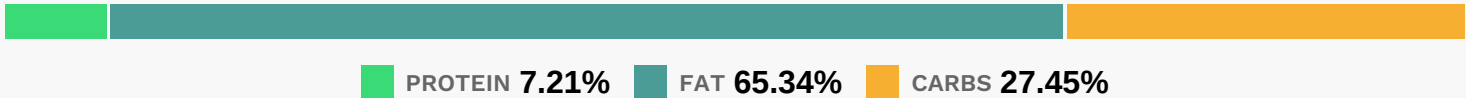
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a medium bowl; cover and chill 1 hour.
- ☐ Roll 1 sheet puff pastry into a 16" x 10" rectangle.
- ☐ Cut pastry in half lengthwise.
- ☐ Spread one-fourth of filling (about 1/2 cup) down center of each rectangle.
- ☐ Whisk together egg and water, and brush edges of pastry with egg wash. Fold pastry in half lengthwise over filling; seal edges of pastry with a fork.
- ☐ Cut each pastry into 10 pieces, and place on a parchment-lined baking sheet.
- ☐ Repeat procedure with remaining sheet puff pastry and filling.
- ☐ Brush remaining egg wash over top of pastries and, if desired, sprinkle with pepper.
- ☐ Bake at 400 for 15 minutes or until lightly browned.
- ☐ Make Ahead: Filling can be made up to 2 days ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:3.59, Glycemic Load:3.85, Inflammation Score:-1, Nutrition Score:2.3795652026715%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 117.86kcal (5.89%), Fat: 8.71g (13.4%), Saturated Fat: 3.04g (19.01%), Carbohydrates: 8.23g (2.74%), Net Carbohydrates: 7.84g (2.85%), Sugar: 0.38g (0.43%), Cholesterol: 14.2mg (4.73%), Sodium: 94.03mg (4.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.32%), Selenium: 5.23µg (7.47%), Vitamin B2: 0.09mg (5.19%), Vitamin B1: 0.07mg (4.72%), Vitamin B3: 0.94mg (4.7%), Manganese: 0.09mg (4.25%), Folate: 14.73µg (3.68%), Iron: 0.5mg (2.77%), Phosphorus: 25.63mg (2.56%), Vitamin A: 120.65IU (2.41%), Vitamin K: 2.5µg (2.38%), Copper: 0.05mg (2.32%), Vitamin C: 1.39mg (1.69%), Fiber: 0.39g (1.57%), Vitamin B5: 0.15mg (1.52%), Potassium: 46.55mg (1.33%), Zinc: 0.19mg (1.26%), Magnesium: 4.87mg (1.22%), Calcium: 11.4mg (1.14%), Vitamin B6: 0.02mg (1.05%)