



Faux Puff Pastry

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



202 kcal

CRUST

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup butter cold
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream sour

Equipment

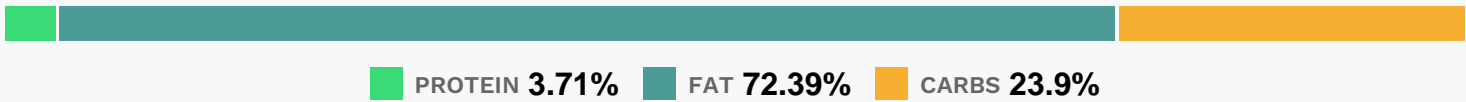
- ☐ oven
- ☐ whisk

- ☐ pot
- ☐ blender

Directions

- ☐ Whisk together first 3 ingredients.
- ☐ Cut in butter with a pastry blender, leaving it in pea-size bits (larger than for a typical piecrust). Stir in sour cream. (Dough will not be cohesive.) Turn onto a floured work surface, and knead gently.
- ☐ Pat into a square, and roll into an 8- x 10-inch rectangle. Dust both sides of dough with flour, fold in thirds (like a business letter), and flip dough over. Turn it 90, and repeat process. Chill 30 minutes.
- ☐ Line mini-muffin pans with pastry, fill with quiche ingredients, and bake for appetizers.
- ☐ Follow same technique as above, but fill with jam or preserves for fruit tartlets.
- ☐ Fill 3-inch triangles of pastry with 2 teaspoons of seasoned, cooked ground meat; fold over, pinch closed, and bake.
- ☐ Roll triangles into crescent shapes for flaky dinner rolls.
- ☐ Add a little ham or cheese into wide end of triangle before rolling it up.
- ☐ Roll into a circle and place on top of chicken stew before baking for chicken pot pie.

Nutrition Facts



Properties

Glycemic Index:18.08, Glycemic Load:8.67, Inflammation Score:-4, Nutrition Score:3.0800000281762%

Nutrients (% of daily need)

Calories: 202.08kcal (10.1%), Fat: 16.42g (25.27%), Saturated Fat: 10.23g (63.95%), Carbohydrates: 12.2g (4.07%), Net Carbohydrates: 11.78g (4.28%), Sugar: 0.22g (0.24%), Cholesterol: 43.5mg (14.5%), Sodium: 189.55mg (8.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Vitamin A: 502.58IU (10.05%), Vitamin B1: 0.12mg (8.3%), Selenium: 5.66µg (8.09%), Folate: 29.45µg (7.36%), Vitamin B2: 0.09mg (5.39%), Manganese: 0.11mg (5.36%), Vitamin B3: 0.93mg (4.67%), Iron: 0.75mg (4.17%), Vitamin E: 0.47mg (3.11%), Phosphorus: 28.71mg (2.87%), Calcium: 21.55mg (2.15%), Fiber: 0.42g (1.69%), Vitamin K: 1.44µg (1.37%), Copper: 0.02mg (1.17%), Magnesium: 4.34mg (1.09%), Vitamin B5: 0.11mg (1.05%)