



## Fig and Gruyère Palmiers

READY IN



45 min.

SERVINGS



56

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.5 cup let set min. spread melted
- ☐ 8 ounces gruyere cheese shredded
- ☐ 17.3 ounce puff pastry frozen thawed

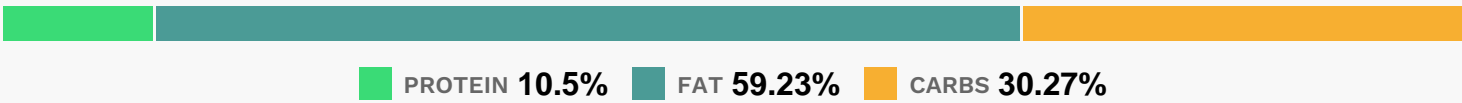
### Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap

# Directions

- ☐ Roll one puff pastry sheet into a 14" x 10" rectangle.
- ☐ Sprinkle with 1 cup Gruyre cheese.
- ☐ Roll each short side, jellyroll fashion, to meet in center. Repeat procedure with remaining puff pastry sheet and cheese.
- ☐ Cut each roll into 1/4" slices.
- ☐ Place slices on parchment paper-lined baking sheets; brush with melted preserves.
- ☐ Bake at 400 for 8 to 10 minutes or until golden.
- ☐ Serve warm.
- ☐ Make Ahead: You can make these pastries ahead and freeze the uncut, unbaked rolls. Wrap rolls in heavy-duty plastic wrap, and freeze. To serve, let rolls stand at room temperature 10 minutes before slicing.
- ☐ Brush with preserves and bake as above.

# Nutrition Facts



# Properties

Glycemic Index:1.98, Glycemic Load:2.88, Inflammation Score:-1, Nutrition Score:1.3643478310626%

# Nutrients (% of daily need)

Calories: 70.54kcal (3.53%), Fat: 4.65g (7.15%), Saturated Fat: 1.61g (10.06%), Carbohydrates: 5.34g (1.78%), Net Carbohydrates: 5.19g (1.89%), Sugar: 1.05g (1.17%), Cholesterol: 4.45mg (1.48%), Sodium: 51.36mg (2.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.71%), Calcium: 42.18mg (4.22%), Selenium: 2.75µg (3.92%), Phosphorus: 30.14mg (3.01%), Vitamin B1: 0.04mg (2.51%), Vitamin B2: 0.04mg (2.21%), Manganese: 0.04mg (2.21%), Folate: 7.46µg (1.86%), Vitamin B3: 0.37mg (1.85%), Vitamin K: 1.52µg (1.45%), Zinc: 0.21mg (1.37%), Iron: 0.24mg (1.34%), Vitamin B12: 0.06µg (1.08%)