



## Garlic-and-Herb Baby Elephant Ears

 Dairy Free

READY IN



45 min.

SERVINGS



66

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 1 egg yolk
- ☐ 1 tablespoons chives fresh minced
- ☐ 1 tablespoons parsley fresh minced
- ☐ 2 garlic cloves minced
- ☐ 17.3 ounce puff pastry frozen thawed
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon water

## Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk

## Directions

- ☐ Roll 1 pastry sheet into a 13- x 11-inch rectangle. Stir together butter, garlic, and salt.
- ☐ Brush half of butter mixture over pastry.
- ☐ Sprinkle with half of chives and parsley.
- ☐ Roll up pastry, jellyroll fashion, starting with each short side and ending at middle of pastry sheet. Repeat procedure with remaining pastry sheet, butter mixture, and herbs.
- ☐ Cut rolls crosswise into 1/3-inch-thick slices.
- ☐ Place on lightly greased baking sheets.
- ☐ Whisk together egg yolk and 1 tablespoon water, and brush evenly over pastries.
- ☐ Bake at 375 for 10 to 15 minutes or until golden brown.
- ☐ Note: Basil and oregano or other fresh herb combinations may be substituted for chives and parsley.
- ☐ Southwestern Baby Elephant Ears: Omit garlic; substitute 1 tablespoon chili powder and 2 tablespoons minced fresh cilantro for minced herbs.
- ☐ Parmesan-Pepper Baby Elephant Ears: Omit garlic; substitute 1/4 cup grated Parmesan cheese, 2 teaspoons paprika, and 1/2 teaspoon black pepper for minced herbs.
- ☐ Baby Elephant Ears Provenale: Substitute 3 tablespoons olive oil for butter. Saut 3 tablespoons minced onion in 1 tablespoon olive oil. Stir in 2 tablespoons chopped ripe olives, 2 tablespoons chopped dried tomatoes, and 1 tablespoon minced fresh parsley. Substitute olive mixture for mniced herbs.
- ☐ Mushroom-and-Brie petite Elephant Ears: Omit garlic and minced herbs. Saut 1 1/3 cups finely chopped shiitake mushrooms in 1 tablespoon butter until tender.
- ☐ Spread over pastry, and proceed as directed. Top each pastry with a 1/2-inch cube of brie in last 3 minutes of baking.

## Nutrition Facts



**PROTEIN 5.14%** **FAT 65.77%** **CARBS 29.09%**

## Properties

Glycemic Index:2.47, Glycemic Load:1.82, Inflammation Score:-1, Nutrition Score:0.81652173756257%

## Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

## Nutrients (% of daily need)

Calories: 46.45kcal (2.32%), Fat: 3.41g (5.24%), Saturated Fat: 0.85g (5.29%), Carbohydrates: 3.39g (1.13%), Net Carbohydrates: 3.28g (1.19%), Sugar: 0.06g (0.07%), Cholesterol: 2.95mg (0.98%), Sodium: 42.26mg (1.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.2%), Selenium: 1.96µg (2.8%), Vitamin K: 2.29µg (2.18%), Vitamin B1: 0.03mg (2.02%), Manganese: 0.04mg (1.91%), Folate: 6.33µg (1.58%), Vitamin B3: 0.31mg (1.55%), Vitamin B2: 0.02mg (1.34%), Iron: 0.2mg (1.13%)