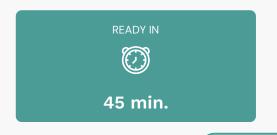


Garlic-and-Herb Baby Elephant Ears

airy Free







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
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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 tomates, and 1 tablespoon minced fresh parsley. Substitute olive mixture for mniced herbs.	
	Mushroom-and-Brie petite Elephant Ears: Omit garlic and minced herbs. Saut 11/3 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

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, 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 %: O% (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%)