



3%
HEALTH SCORE

Garlic-Herb Pinwheels

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup herbs: rosemary mixed fresh such as parsley, chives, and mint chopped
- 2 garlic clove minced
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 serving coarse mustard
- 1 sheet puff pastry frozen thawed

Equipment

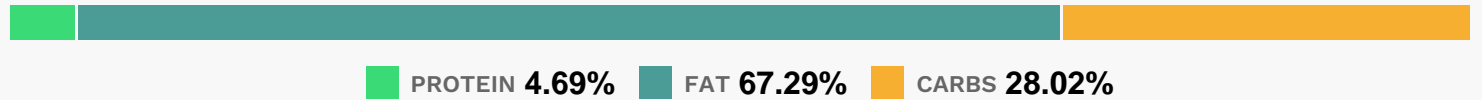
- bowl
- baking sheet

- oven
- knife
- wire rack

Directions

- Preheat oven to 400 degrees. In a small bowl, combine herbs, garlic, and olive oil. Season with salt and pepper. On a lightly floured work surface, unfold puff pastry.
- Spread pastry with herb mixture and roll up. With a sharp knife, cut into 1/4-inch-thick rounds. Arrange rounds on a parchment-lined baking sheet and bake until puffed and golden on edges, 15 minutes.
- Let cool on sheet on a wire rack, 10 minutes. Store in an airtight container, up to 3 days.

Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:3.79, Inflammation Score:-2, Nutrition Score:2.6873912688183%

Flavonoids

Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 101.04kcal (5.05%), Fat: 7.61g (11.7%), Saturated Fat: 1.72g (10.76%), Carbohydrates: 7.13g (2.38%), Net Carbohydrates: 6.83g (2.48%), Sugar: 0.13g (0.15%), Cholesterol: 0mg (0%), Sodium: 42.36mg (1.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Vitamin K: 24.03µg (22.89%), Selenium: 3.87µg (5.52%), Vitamin B1: 0.06mg (4.22%), Manganese: 0.08mg (4.21%), Folate: 13.88µg (3.47%), Vitamin B3: 0.66mg (3.29%), Iron: 0.49mg (2.73%), Vitamin B2: 0.05mg (2.66%), Vitamin E: 0.35mg (2.3%), Vitamin C: 1.78mg (2.16%), Vitamin A: 105.71IU (2.11%), Fiber: 0.29g (1.17%), Phosphorus: 10.82mg (1.08%), Copper: 0.02mg (1.03%)