



Glazed Apricot Twists

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



241 kcal

SIDE DISH

Ingredients

- ☐ 6 ounces apricot preserves melted
- ☐ 0.3 cup confectioners sugar
- ☐ 1 tablespoon heavy cream
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 puff pastry sheet frozen thawed

Equipment

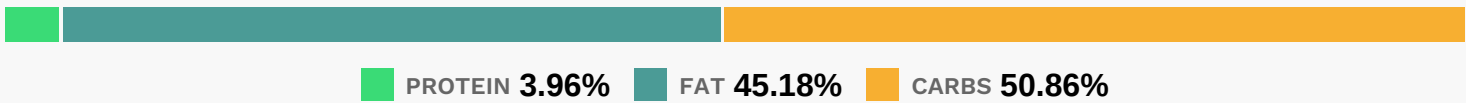
- ☐ baking sheet
- ☐ baking paper

☐ oven

Directions

- ☐ Put oven rack in middle position and preheat oven to 425°F. Line a baking sheet with parchment paper.
- ☐ Roll out pastry on a lightly floured surface into a 12- by 10-inch rectangle, then cut in half lengthwise.
- ☐ Cut each half crosswise into 4 (5- by 3-inch) strips (for a total of 8 strips).
- ☐ Spread each strip with 1/2 tablespoon jam, then fold strips in half lengthwise to form 1 1/2-inch-wide strips. Twist each strip 3 times and place on baking sheet.
- ☐ Bake until golden brown, 15 to 20 minutes.
- ☐ Transfer twists to a rack set over a sheet of parchment. Stir together confectioners sugar, cream, and lemon juice until smooth, then brush over warm twists.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:7.48, Inflammation Score:-1, Nutrition Score:3.1982608769575%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 241.44kcal (12.07%), Fat: 12.39g (19.06%), Saturated Fat: 3.39g (21.17%), Carbohydrates: 31.39g (10.46%), Net Carbohydrates: 30.86g (11.22%), Sugar: 13.21g (14.68%), Cholesterol: 2.12mg (0.71%), Sodium: 85.35mg (3.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.88%), Selenium: 7.92µg (11.31%), Vitamin B1: 0.12mg (8.17%), Manganese: 0.16mg (7.91%), Vitamin B3: 1.29mg (6.43%), Folate: 24.43µg (6.11%), Vitamin B2: 0.1mg (5.63%), Iron: 0.89mg (4.96%), Vitamin K: 4.99µg (4.75%), Vitamin C: 2.37mg (2.87%), Copper: 0.06mg (2.84%), Fiber: 0.53g

(2.11%), Phosphorus: 20.2mg (2.02%), Magnesium: 5.96mg (1.49%), Vitamin A: 71.53IU (1.43%), Vitamin E: 0.21mg (1.41%), Zinc: 0.18mg (1.2%), Potassium: 38.2mg (1.09%)