



Guava and Cream Cheese Pastry

 Vegetarian

READY IN



300 min.

SERVINGS



6

CALORIES



357 kcal

SIDE DISH

Ingredients

- ☐ 6 ounces cream cheese softened
- ☐ 1 large eggs
- ☐ 0.7 cup guava
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 sheet puff pastry frozen thawed (from a)
- ☐ 1 tablespoon sugar
- ☐ 0.3 teaspoon vanilla extract pure
- ☐ 0.5 tablespoon water

Equipment

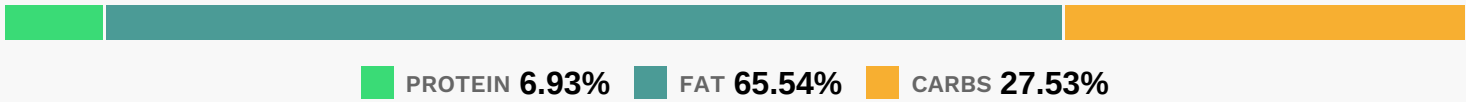
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ Preheat oven to 425°F with rack in middle.
- ☐ Beat egg with a fork, then put 1 1/2 tablespoons egg in a small bowl with water (1/2 tablespoon) and lightly beat to make egg wash.
- ☐ Put remaining beaten egg in a food processor with cream cheese, sugar, and vanilla and purée until smooth.
- ☐ Transfer to a small bowl.
- ☐ Purée guava preserves with lemon juice in cleaned food processor until smooth.
- ☐ Put a baking sheet in oven to preheat 5 minutes while you prepare pastry.
- ☐ Roll out pastry on a floured work surface with a floured rolling pin into an 11- by 9 1/2-inch rectangle.
- ☐ Cut rectangle in half crosswise.
- ☐ Transfer 1 piece of pastry to a sheet of foil.
- ☐ Spread cream cheese mixture in a 3 1/2-inch-wide strip down middle of pastry, leaving 1-inch borders on all sides. Dollop 2 rows of preserves lengthwise on top of cheese mixture, about 1 inch apart.
- ☐ Fold remaining piece of pastry in half lengthwise and put folded edge nearest you. Leaving a 1-inch border on sides and top of pastry, cut 1 1/2-inch-long slits every 1/2 inch through folded edge to top border.
- ☐ Brush some of egg wash around filling. Unfold cut pastry and lay over filling. Lightly press edges to seal and brush top of dough with some egg wash.
- ☐ Bake on foil on hot baking sheet until puffed and golden-brown, 25 to 30 minutes.

Transfer pastry to a rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:36.35, Glycemic Load:12.85, Inflammation Score:-5, Nutrition Score:8.9947826395864%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 357.33kcal (17.87%), Fat: 26.29g (40.44%), Saturated Fat: 9.98g (62.35%), Carbohydrates: 24.85g (8.28%), Net Carbohydrates: 23.24g (8.45%), Sugar: 5.11g (5.68%), Cholesterol: 59.63mg (19.88%), Sodium: 203.01mg (8.83%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Protein: 6.25g (12.5%), Vitamin C: 42.77mg (51.84%), Selenium: 15µg (21.43%), Vitamin B2: 0.23mg (13.36%), Vitamin B1: 0.19mg (12.35%), Folate: 47.8µg (11.95%), Manganese: 0.23mg (11.65%), Vitamin A: 540.69IU (10.81%), Vitamin B3: 1.93mg (9.67%), Phosphorus: 78.88mg (7.89%), Vitamin K: 7.67µg (7.31%), Iron: 1.27mg (7.07%), Fiber: 1.61g (6.44%), Copper: 0.1mg (5.03%), Vitamin E: 0.69mg (4.6%), Potassium: 153.14mg (4.38%), Calcium: 39.77mg (3.98%), Vitamin B5: 0.38mg (3.75%), Magnesium: 14.3mg (3.58%), Zinc: 0.51mg (3.4%), Vitamin B6: 0.06mg (3%), Vitamin B12: 0.14µg (2.28%), Vitamin D: 0.17µg (1.11%)