



Guava-Cream Cheese Pastries



Vegetarian

READY IN



90 min.

SERVINGS



15

CALORIES



244 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounces cream cheese chilled cut into 6 pieces and
- ☐ 1 large egg yolk (large)
- ☐ 6 ounces guava paste mashed (see Note)
- ☐ 1 tablespoon milk
- ☐ 14 ounces all-butter puff pastry thawed (one package)
- ☐ 15 servings sugar for sprinkling

Equipment

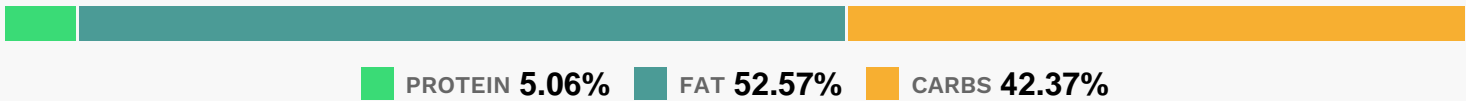
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 37
- ☐ In a small bowl, whisk the egg yolk with the milk.
- ☐ On a lightly floured work surface, unfold the puff pastry and cut it into 6 squares.
- ☐ Transfer the squares to a parchment paper-lined baking sheet.
- ☐ Cut the guava paste into 6 equal portions and spoon onto half of each pastry square. Top with the cream cheese.
- ☐ Brush the pastry edges with some of the egg wash. Fold the pastry over the filling to form rectangles and crimp the edges with a fork. Refrigerate for 15 minutes, until firm.
- ☐ Brush the pastries with the remaining egg wash and sprinkle with sugar.
- ☐ Bake in the center of the oven for 30 minutes, rotating the pan from front to back halfway through, until the pastries are golden.
- ☐ Let cool for at least 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:17.07, Glycemic Load:15.68, Inflammation Score:-3, Nutrition Score:5.1069564806378%

Nutrients (% of daily need)

Calories: 243.64kcal (12.18%), Fat: 14.46g (22.25%), Saturated Fat: 5g (31.25%), Carbohydrates: 26.22g (8.74%), Net Carbohydrates: 25.21g (9.17%), Sugar: 13.66g (15.18%), Cholesterol: 23.81mg (7.94%), Sodium: 102.76mg (4.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Vitamin C: 25.85mg (31.34%), Selenium: 8.17µg (11.67%), Vitamin B1: 0.12mg (7.87%), Manganese: 0.15mg (7.43%), Folate: 28.87µg (7.22%), Vitamin B2: 0.12mg (6.77%), Vitamin B3: 1.24mg (6.18%), Vitamin A: 241.28IU (4.83%), Vitamin K: 4.8µg (4.58%), Iron: 0.76mg (4.2%),

Fiber: 1.01g (4.04%), Phosphorus: 37.98mg (3.8%), Copper: 0.06mg (3%), Vitamin E: 0.35mg (2.35%), Potassium: 81.37mg (2.32%), Magnesium: 7.93mg (1.98%), Calcium: 18.5mg (1.85%), Zinc: 0.25mg (1.7%), Vitamin B5: 0.15mg (1.53%), Vitamin B6: 0.03mg (1.45%)