



## Ham and Gouda Pastry Puffs

READY IN



55 min.

SERVINGS



36

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.3 cups finely-chopped ham diced fully cooked finely
- 2 ounces gouda cheese shredded
- 0.3 cup sun-dried tomatoes drained chopped in oil
- 2 tablespoons cream sour
- 0.3 cup spring onion chopped
- 34.6 ounces puff pastry frozen thawed

### Equipment

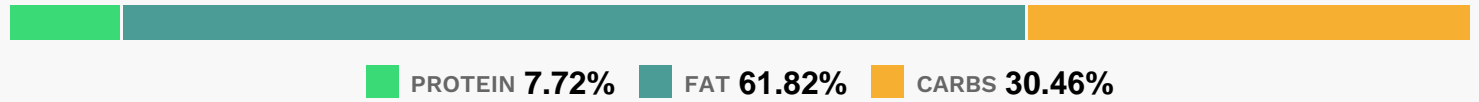
- frying pan

- oven
- cookie cutter

## Directions

- Heat oven to 400°.
- Mix all ingredients except pastry.
- Cut pastry into circles with 2 1/2- to 3-inch round cookie cutter or pastry wheel. Spoon about 1 rounded teaspoon ham mixture on center of each circle; brush edges with water. Fold each circle over filling, pressing edges to seal.
- Place in ungreased jelly roll pan, 15 1/2x10 1/2x1 inch.
- Bake 18 to 22 minutes or until golden brown.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:3.19, Glycemic Load:6.67, Inflammation Score:-1, Nutrition Score:3.2721739134387%

## Flavonoids

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: 164.75kcal (8.24%), Fat: 11.35g (17.46%), Saturated Fat: 3.05g (19.08%), Carbohydrates: 12.58g (4.19%), Net Carbohydrates: 12.11g (4.4%), Sugar: 0.28g (0.31%), Cholesterol: 5.05mg (1.68%), Sodium: 128.41mg (5.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.38%), Selenium: 7.65µg (10.93%), Vitamin B1: 0.13mg (8.78%), Manganese: 0.14mg (6.99%), Vitamin B3: 1.31mg (6.54%), Vitamin B2: 0.1mg (5.67%), Vitamin K: 5.87µg (5.59%), Folate: 22.36µg (5.59%), Iron: 0.77mg (4.25%), Phosphorus: 38.23mg (3.82%), Vitamin C: 1.83mg (2.22%), Zinc: 0.3mg (2.03%), Copper: 0.04mg (2.02%), Fiber: 0.47g (1.88%), Magnesium: 6.46mg (1.62%), Calcium: 15.52mg (1.55%), Vitamin B12: 0.08µg (1.35%), Potassium: 44.26mg (1.26%), Vitamin E: 0.16mg (1.05%), Vitamin B6: 0.02mg (1.01%)