



Ham & Dijon Pastry Cups

READY IN



38 min.

SERVINGS



24

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia chive & onion cream cheese spread
- 1 cup milk colby & monterey jack cheeses shredded 2% kraft
- 6 slices oscar mayer deli ham smoked fresh chopped
- 2 Tbsp grey poupon dijon mustard
- 1 eggs beaten
- 17.3 oz puff pastry frozen thawed (2 sheets)
- 0.3 cup pasilla peppers red chopped

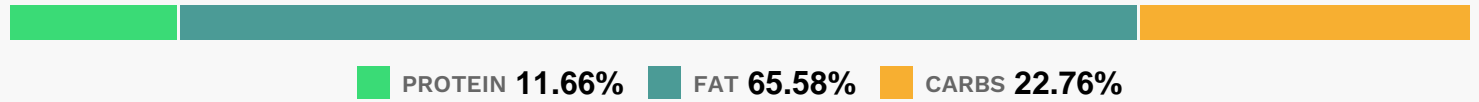
Equipment

- oven
- muffin liners

Directions

- Heat oven to 425F.
- Roll out each pastry sheet to 12x9-inch rectangle on lightly floured surface; cut each rectangle into 12 (3-inch) squares. Line each of 24 muffin cups with 1 pastry square.
- Combine remaining ingredients; spoon into pastry cups, adding about 1 Tbsp. to each.
- Bake 15 to 18 min. or until filling is heated through and pastry is golden brown.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:5.02, Inflammation Score:-2, Nutrition Score:3.7165217710578%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 178.64kcal (8.93%), Fat: 13g (19.99%), Saturated Fat: 4.88g (30.49%), Carbohydrates: 10.15g (3.38%), Net Carbohydrates: 9.74g (3.54%), Sugar: 0.58g (0.65%), Cholesterol: 22.24mg (7.41%), Sodium: 227.48mg (9.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.4%), Selenium: 8.32µg (11.89%), Vitamin B1: 0.13mg (8.56%), Vitamin B2: 0.1mg (6.17%), Vitamin B3: 1.2mg (5.99%), Phosphorus: 57.89mg (5.79%), Manganese: 0.11mg (5.47%), Calcium: 53.51mg (5.35%), Folate: 19.04µg (4.76%), Vitamin A: 220.23IU (4.4%), Iron: 0.69mg (3.82%), Vitamin K: 3.56µg (3.39%), Vitamin C: 2.65mg (3.22%), Zinc: 0.48mg (3.18%), Vitamin B6: 0.05mg (2.26%), Vitamin B12: 0.11µg (1.78%), Magnesium: 7.1mg (1.77%), Copper: 0.03mg (1.7%), Fiber: 0.4g (1.61%), Vitamin E: 0.21mg (1.38%), Potassium: 48.24mg (1.38%)