



Herb-Cheese Palmiers

READY IN



45 min.

SERVINGS



8

CALORIES



213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 sheet puff pastry thawed (from a 17.3-ounce package)
- 1 tablespoon olive oil extra virgin extra-virgin
- 0.3 cup sharp cheddar cheese grated
- 3 tablespoons parmesan grated
- 3 tablespoons herbs: rosemary fresh chopped (such as thyme, sage, and oregano)
- 0.3 teaspoon coarse salt
- 1 large egg yolk
- 0.5 teaspoon water

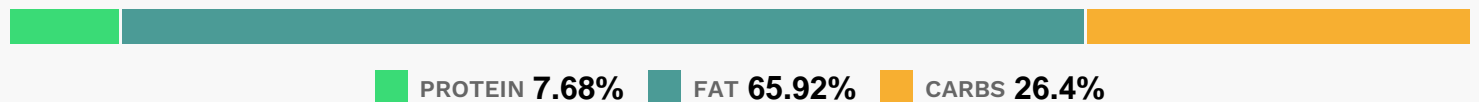
Equipment

- bowl
- baking sheet
- oven
- plastic wrap

Directions

- Preheat oven to 375 degrees, with racks in upper and lower thirds. On a lightly floured surface, roll out puff pastry to a 10-by-16-inch rectangle.
- Brush with olive oil and sprinkle with cheddar, Parmesan, herbs, and salt. Fold dough lengthwise into thirds (like a letter), then fold in half. Refrigerate until slightly firm, about 10 minutes.
- Cut dough crosswise into 1/4-inch-thick slices (you should have about 38).
- Place slices on 2 large baking sheets. Refrigerate until firm, about 30 minutes. (To store, cover with plastic wrap and refrigerate, up to 1 day.) In a bowl, combine egg yolk with water.
- Brush tops of palmiers with egg wash.
- Bake until golden brown, about 25 minutes, rotating sheets halfway through.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:7.53, Inflammation Score:-3, Nutrition Score:5.2952173922373%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg

Nutrients (% of daily need)

Calories: 213.35kcal (10.67%), Fat: 15.68g (24.12%), Saturated Fat: 4.39g (27.41%), Carbohydrates: 14.13g (4.71%), Net Carbohydrates: 13.62g (4.95%), Sugar: 0.28g (0.31%), Cholesterol: 27.76mg (9.25%), Sodium: 203.97mg (8.87%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.22%), Vitamin K: 30.72µg (29.25%), Selenium: 10.02µg (14.32%), Vitamin B1: 0.13mg (8.58%), Manganese: 0.15mg (7.7%), Folate: 30.14µg (7.54%), Vitamin B2: 0.12mg (7.13%), Vitamin B3: 1.3mg (6.52%), Phosphorus: 56.72mg (5.67%), Calcium: 55.11mg (5.51%), Iron: 0.97mg (5.37%), Vitamin A: 207.34IU (4.15%), Vitamin E: 0.51mg (3.43%), Zinc: 0.41mg (2.72%), Vitamin C: 2mg (2.42%), Fiber: 0.51g (2.04%), Copper: 0.04mg (2.03%), Magnesium: 7.54mg (1.88%), Vitamin B12: 0.1µg (1.69%)