



Homemade Toaster Pastry

 Vegetarian  Vegan  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



698 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon cornstarch mixed with 1 tablespoon cold water
- 1 tablespoons juice of lemon fresh
- 1 cup powdered sugar
- 2 sheets puff pastry thawed
- 0.8 cup strawberry jam
- 6 servings colored sugar

Equipment

- bowl

- baking sheet
- sauce pan
- oven
- whisk

Directions

- Preheat the oven to 425 degrees F.
- In a small saucepan, bring the jam and cornstarch mixture to a boil over medium heat. Reduce the heat to a simmer and cook stirring for 3 to 4 minutes. Set aside and let cool to room temperature.
- Lay 1 sheet of pastry on a board and cut it into 4 equal strips. Put a heaping teaspoon of cooled jam in the middle of the upper part of the dough and fold over the bottom part. Seal the edges with a bit of water and crimp with a fork. Arrange the pastries on a parchment lined baking sheet. Repeat with the other pastry sheet.
- Bake until golden about 8 to 10 minutes.
- Remove the pastries from oven and allow them to cool completely.
- In a small bowl, add the powdered sugar and whisk in, 1/2 tablespoon of lemon juice at a time, to make a thick icing consistency.
- Drizzle the icing over the pastries and sprinkle with colored sugar, if desired. Allow the icing to set for about 30 minutes. Enjoy at room temperature.

Nutrition Facts



PROTEIN 3.49% **FAT 39.94%** **CARBS 56.57%**

Properties

Glycemic Index:30.18, Glycemic Load:44.17, Inflammation Score:-2, Nutrition Score:8.2391304249025%

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: 697.76kcal (34.89%), Fat: 31.19g (47.98%), Saturated Fat: 7.88g (49.25%), Carbohydrates: 99.42g (33.14%), Net Carbohydrates: 97.7g (35.53%), Sugar: 52.82g (58.68%), Cholesterol: 0mg (0%), Sodium: 217.62mg (9.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.26%), Selenium: 20.85µg (29.78%), Vitamin B1: 0.33mg (22.16%), Manganese: 0.42mg (20.89%), Folate: 68.88µg (17.22%), Vitamin B3: 3.42mg (17.11%), Vitamin B2: 0.27mg (15.87%), Iron: 2.33mg (12.92%), Vitamin K: 13.15µg (12.52%), Copper: 0.14mg (6.95%), Fiber: 1.71g (6.85%), Phosphorus: 57.45mg (5.74%), Vitamin C: 4.71mg (5.71%), Magnesium: 14.96mg (3.74%), Vitamin E: 0.5mg (3.3%), Zinc: 0.46mg (3.09%), Potassium: 85.8mg (2.45%), Calcium: 17.16mg (1.72%), Vitamin B6: 0.03mg (1.34%)