



Leek-Bacon Puffs

READY IN



45 min.

SERVINGS



24

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 servings pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 eggs
- ☐ 1 tablespoon garlic minced
- ☐ 0.3 cup heavy cream
- ☐ 1.3 cups leeks very finely chopped
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.5 pound sheets puff pastry chilled

- ☐ 1 teaspoon salt
- ☐ 2 slices bacon thick-cut chopped

Equipment

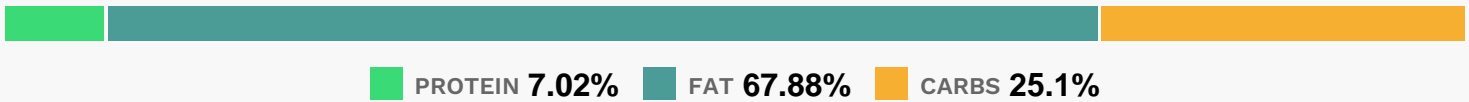
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ cookie cutter
- ☐ rolling pin
- ☐ slotted spoon
- ☐ funnel

Directions

- ☐ Fry bacon over medium heat in a medium frying pan.
- ☐ Transfer to a bowl with a slotted spoon and pour out all but 1 tbsp. bacon fat from frying pan.
- ☐ Add butter, swirl to melt, and add leeks, garlic, salt, and a few grinds of pepper. Cook, stirring occasionally, until leeks are tender-crisp, about 4 minutes.
- ☐ Pour in white wine and stir in bacon. Lower heat to low and cook, covered, about 5 minutes, or until leeks are tender and wine is evaporated.
- ☐ Let cool to room temperature.
- ☐ Preheat oven to 40
- ☐ On a floured work surface and with a floured rolling pin, roll pastry sheet out to a thickness of 1/8 in.
- ☐ Cut pastry into rounds with a buttered and floured 2-in. biscuit or cookie cutter with fluted edges and arrange rounds 1/2 in. apart on 2 baking sheets.
- ☐ Press insides of each round with your finger to make a depression, leaving a 1/4-in. rim. Poke center of each round once with a fork and spoon a scant tsp. of mushroom filling onto centers.

- ☐ Whisk egg, cream, and nutmeg together well and set aside.
- ☐ Bake pastries until golden brown and beginning to puff, 8 to 12 minutes.
- ☐ Remove from oven and lower heat to 35
- ☐ With end of a small funnel, carefully punch down centers of pastries while spooning about 1/2 tsp. egg-cream mixture into top of funnel (to help guide the liquid) and into pastry (spoon in more if the pastry will accept it without overflowing).
- ☐ Bake pastries another 10 to 15 minutes, or until deep golden brown.

Nutrition Facts



Properties

Glycemic Index:11.88, Glycemic Load:2.55, Inflammation Score:-1, Nutrition Score:1.8686956607777%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 85.55kcal (4.28%), Fat: 6.36g (9.78%), Saturated Fat: 2.25g (14.04%), Carbohydrates: 5.29g (1.76%), Net Carbohydrates: 5.03g (1.83%), Sugar: 0.36g (0.4%), Cholesterol: 12.86mg (4.29%), Sodium: 148.44mg (6.45%), Alcohol: 0.26g (100%), Alcohol %: 1.3% (100%), Protein: 1.48g (2.96%), Selenium: 3.63µg (5.19%), Manganese: 0.09mg (4.57%), Vitamin K: 4.01µg (3.81%), Vitamin B1: 0.05mg (3.39%), Folate: 11.38µg (2.85%), Vitamin A: 140IU (2.8%), Vitamin B3: 0.54mg (2.71%), Vitamin B2: 0.04mg (2.63%), Iron: 0.41mg (2.28%), Phosphorus: 17.98mg (1.8%), Vitamin B6: 0.03mg (1.52%), Copper: 0.02mg (1.1%), Vitamin E: 0.16mg (1.09%), Fiber: 0.26g (1.05%), Magnesium: 4.12mg (1.03%)