



Maque Choux Pies

READY IN



45 min.

SERVINGS



8

CALORIES



601 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 4 ears corn fresh husked
- ☐ 1 egg yolk lightly beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 small bell pepper green chopped
- ☐ 1 small onion diced
- ☐ 0.3 teaspoon pepper
- ☐ 17.3 ounce puff pastry sheets frozen thawed
- ☐ 1 small bell pepper red chopped

- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 8 servings tomato-basil sauce
- ☐ 2 tablespoons water
- ☐ 0.5 cup whipping cream

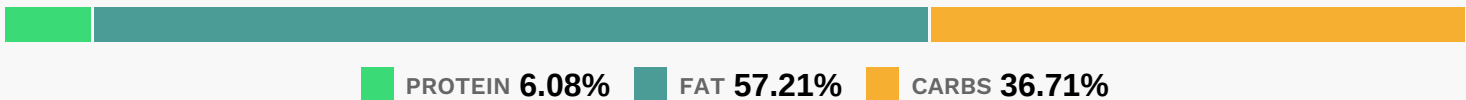
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cut corn kernels from cobs, scraping to remove milk.
- ☐ Melt butter in a large skillet over medium-high heat; add corn, bell peppers, and onion; saut 8 minutes or until corn is almost tender. Stir in flour, sugar, salt, and pepper. Gradually add cream, and cook, stirring constantly, 5 minutes or until slightly thickened. Cover and chill 30 minutes.
- ☐ Roll puff pastry to an 11 1/2- x 10 1/2-inch rectangle on a lightly floured surface; cut into 32 circles with a 3 1/4-inch round cutter.
- ☐ Spoon 2 tablespoons corn mixture in center of each pastry circle; fold circles in half, and crimp edges with a fork to seal.
- ☐ Place on an ungreased baking sheet.
- ☐ Stir together egg yolk and 2 tablespoons water; brush over pastry.
- ☐ Bake at 450 for 10 to 15 minutes or until pastry is golden.
- ☐ Serve pies with Tomato-Basil Sauce.

Nutrition Facts



Properties

Glycemic Index:37.76, Glycemic Load:18.39, Inflammation Score:-8, Nutrition Score:13.850869448289%

Flavonoids

Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 600.63kcal (30.03%), Fat: 38.66g (59.47%), Saturated Fat: 11.36g (71.01%), Carbohydrates: 55.81g (18.6%), Net Carbohydrates: 49.43g (17.97%), Sugar: 16.7g (18.55%), Cholesterol: 41.11mg (13.7%), Sodium: 847.56mg (36.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.25g (18.49%), Vitamin C: 29.09mg (35.26%), Vitamin A: 1663.97IU (33.28%), Fiber: 6.38g (25.53%), Selenium: 17.48µg (24.97%), Vitamin B1: 0.35mg (23.32%), Manganese: 0.43mg (21.36%), Folate: 80.82µg (20.2%), Vitamin B3: 3.61mg (18.06%), Potassium: 629.76mg (17.99%), Iron: 2.79mg (15.48%), Vitamin B2: 0.26mg (15.47%), Vitamin K: 11.75µg (11.19%), Phosphorus: 104.68mg (10.47%), Magnesium: 31.27mg (7.82%), Calcium: 66.24mg (6.62%), Vitamin E: 0.96mg (6.4%), Vitamin B6: 0.13mg (6.38%), Copper: 0.11mg (5.64%), Vitamin B5: 0.49mg (4.92%), Zinc: 0.68mg (4.56%), Vitamin D: 0.36µg (2.4%), Vitamin B12: 0.07µg (1.25%)