

Mini Cheese-and-Jam Pastries

READY IN

ready

45 min.

SERVINGS

servings

15

CALORIES

calories

83 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 oz desired cheese shredded such as Gouda, Jarlsberg, or Dubliner
- ☐ 15 servings jam
- ☐ 1.9 oz mini-phylo pastry shells frozen
- ☐ 1 tablespoon nuts mixed finely chopped

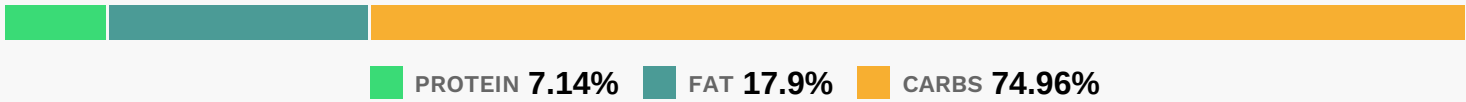
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Divide cheese among pastry shells. Spoon 1/2 tsp. desired jam or jelly into each shell.
- ☐ Bake on a lightly greased baking sheet at 350 for 10 minutes or until cheese is melted.
- ☐ Sprinkle with nuts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.44, Glycemic Load:7.51, Inflammation Score:-1, Nutrition Score:0.89521739567104%

Nutrients (% of daily need)

Calories: 83.36kcal (4.17%), Fat: 1.7g (2.62%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 16.03g (5.34%), Net Carbohydrates: 15.75g (5.73%), Sugar: 9.74g (10.82%), Cholesterol: 2.99mg (1%), Sodium: 37.65mg (1.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.05%), Calcium: 23.56mg (2.36%), Vitamin C: 1.76mg (2.14%), Phosphorus: 20.08mg (2.01%), Vitamin B2: 0.03mg (1.6%), Selenium: 1.04µg (1.49%), Copper: 0.03mg (1.45%), Vitamin B12: 0.09µg (1.44%), Fiber: 0.28g (1.12%), Manganese: 0.02mg (1.1%)