



Miniature Camembert Walnut Pastries

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



270 kcal

SIDE DISH

Ingredients

- 6 ounce camembert cheese cut cubes plus extra to put on top (not runny)
- 1 large water with 1 tablespoon water lightly beaten
- 1 sheet puff pastry frozen thawed (from a)
- 0.1 teaspoon sea salt fine
- 2 teaspoons butter unsalted melted
- 1.3 ounce walnuts cooled toasted finely chopped

Equipment

- baking sheet

- oven
- cookie cutter
- rolling pin

Directions

- Preheat oven to 400°F.
- Stir together walnuts, butter, and salt.
- Roll out pastry on a lightly floured surface with a lightly floured rolling pin into a 14- by 12-inch rectangle.
- Cut out 40 rounds with lightly floured cookie cutter and discard trimmings.
- Brush tops of rounds with egg wash, then sprinkle each with about 1/4 teaspoon walnut mixture and transfer to a parchment-lined large baking sheet.
- Bake rounds in middle of oven until golden and puffed, 10 to 15 minutes, then slide pastries on parchment onto a rack to cool. (Leave oven on.)
- While pastries are still warm, gently pull each one apart to make a top and a bottom. Lightly press down any puffed inner layers on tops and bottoms if necessary.
- Mash together cheese and toasted walnuts with a fork.
- Sandwich a 1/2-teaspoon mound of cheese filling inside each pastry (between top and bottom), then bake in middle of oven on parchment-lined baking sheet (it's not necessary to use a clean sheet of parchment) until cheese begins to melt, 2 to 3 minutes. Season tops of pastries with pepper and serve immediately.
- Puff pastry can be baked and rounds separated into tops and bottoms 1 day ahead, then cooled completely and kept at room temperature in an airtight container. • Pastries can be filled (but not baked) 1 hour ahead and kept, loosely covered, at room temperature.

Nutrition Facts



Properties

Glycemic Index:12.88, Glycemic Load:7.57, Inflammation Score:-3, Nutrition Score:6.0347825551163%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg

Nutrients (% of daily need)

Calories: 270.46kcal (13.52%), Fat: 20.74g (31.9%), Saturated Fat: 7.12g (44.5%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 13.76g (5%), Sugar: 0.44g (0.49%), Cholesterol: 18mg (6%), Sodium: 291.97mg (12.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.26%), Manganese: 0.31mg (15.45%), Selenium: 10.72µg (15.32%), Vitamin B2: 0.2mg (11.62%), Phosphorus: 107.78mg (10.78%), Folate: 41.45µg (10.36%), Vitamin B1: 0.14mg (9.53%), Calcium: 90.3mg (9.03%), Vitamin B3: 1.46mg (7.3%), Copper: 0.11mg (5.52%), Iron: 0.98mg (5.46%), Zinc: 0.81mg (5.38%), Vitamin K: 5.56µg (5.3%), Vitamin B12: 0.28µg (4.64%), Vitamin A: 206.78IU (4.14%), Magnesium: 16.2mg (4.05%), Vitamin B6: 0.08mg (3.93%), Vitamin B5: 0.32mg (3.17%), Fiber: 0.76g (3.02%), Potassium: 78.28mg (2.24%), Vitamin E: 0.27mg (1.8%)