



Mushroom-and-Brie Petite Elephant Ears

READY IN



45 min.

SERVINGS



66

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce round brie cut into 5 1/2 dozen (1/2-inch) cubes
- 1 egg yolk
- 0.3 cup butter divided melted
- 17.3 ounce puff pastry frozen thawed
- 0.5 teaspoon salt
- 1.3 cups mushroom caps finely chopped
- 1 tablespoon water

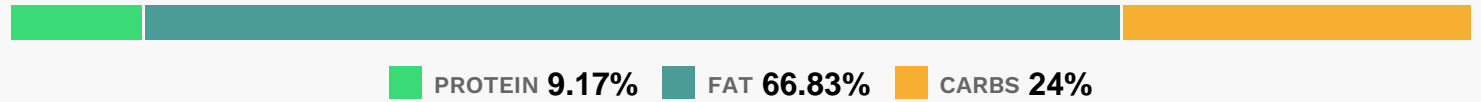
Equipment

- baking sheet
- oven
- whisk

Directions

- Saut 1 1/3 cups finely chopped shiitake mushrooms in 1 tablespoon butter until tender.
- Roll 1 pastry sheet into a 13- x 11-inch rectangle. Stir together butter, and salt.
- Brush half of butter mixture, and spread half of the mushroom mixture over pastry sheet.
- Roll up pastry, jellyroll fashion, starting with each short side and ending at middle of pastry sheet. Repeat procedure with remaining pastry sheet, butter mixture and mushroom mixture.
- Cut rolls crosswise into 1/3-inch-thick slices.
- Place on lightly greased baking sheets.
- Whisk together egg yolk and 1 tablespoon water, and brush evenly over pastries.
- Bake at 375 for 10 to 15 minutes or until golden brown.
- Top each pastry with a 1/2-inch cube of Brie in last 3 minutes of baking.

Nutrition Facts



Properties

Glycemic Index:1.74, Glycemic Load:1.88, Inflammation Score:-1, Nutrition Score:1.3347826094731%

Nutrients (% of daily need)

Calories: 60.92kcal (3.05%), Fat: 4.56g (7.02%), Saturated Fat: 1.48g (9.26%), Carbohydrates: 3.68g (1.23%), Net Carbohydrates: 3.46g (1.26%), Sugar: 0.18g (0.2%), Cholesterol: 6.38mg (2.13%), Sodium: 66.34mg (2.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Selenium: 2.7µg (3.86%), Vitamin B2: 0.05mg (2.97%), Vitamin B3: 0.5mg (2.5%), Manganese: 0.05mg (2.4%), Folate: 9.01µg (2.25%), Vitamin B1: 0.03mg (2.21%), Phosphorus: 17.28mg (1.73%), Iron: 0.23mg (1.3%), Vitamin K: 1.27µg (1.21%), Vitamin B6: 0.02mg (1.2%), Zinc: 0.17mg (1.16%), Vitamin A: 55.11IU (1.1%), Vitamin B12: 0.06µg (1.05%), Vitamin B5: 0.1mg (1.01%)