



Mushroom Puffs

 Very Healthy

READY IN



110 min.

SERVINGS



1

CALORIES



3751 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz cream cheese softened
- 1 large eggs
- 1 tablespoon spring onion finely chopped
- 0.3 teaspoon hot sauce
- 8 oz mushrooms drained chopped canned
- 0.3 cup onion finely chopped
- 0.3 cup parmesan cheese grated
- 2 teaspoons pepper freshly ground

- 17.3 oz puff pastry frozen thawed

Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- stand mixer

Directions

- Beat cream cheese at medium speed with a heavy-duty electric stand mixer until smooth. Stir in mushrooms and next 4 ingredients. Cover and chill 1 to 24 hours.
- Preheat oven to 40
- Whisk together egg and 1 Tbsp. water in a small bowl.
- Roll 1 puff pastry sheet into a 16- x 10-inch rectangle on a lightly floured surface.
- Cut pastry in half lengthwise.
- Spread 1/2 cup cream cheese mixture down center of each rectangle; brush edges with egg mixture. Fold each pastry half lengthwise over filling, and pinch edges to seal.
- Cut pastries into 10 pieces each, and place on a parchment paper-lined baking sheet. Repeat procedure with remaining puff pastry sheet, egg mixture, and cream cheese mixture.
- Brush remaining egg mixture over tops of pastry pieces; sprinkle with pepper.
- Bake at 400 for 20 to 25 minutes or until browned.
- Serve immediately.
- *2 (2-oz.) packages buttery garlic-and-herb spreadable cheese may be substituted.
- Note: To make ahead, prepare recipe as directed through Step Freeze pieces on baking sheet until firm (about 1 hour), and transfer to zip-top plastic freezer bags. Freeze up to 1 month. To bake, place frozen puffs on parchment paper-lined baking sheets, and proceed as directed in Step

Nutrition Facts

PROTEIN 7.54% FAT 65.93% CARBS 26.53%

Properties

Glycemic Index:206, Glycemic Load:126.18, Inflammation Score:-10, Nutrition Score:62.000869294871%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.76mg, Quercetin: 8.76mg, Quercetin: 8.76mg, Quercetin: 8.76mg

Nutrients (% of daily need)

Calories: 3750.86kcal (187.54%), Fat: 277.59g (427.06%), Saturated Fat: 98.73g (617.09%), Carbohydrates: 251.32g (83.77%), Net Carbohydrates: 239.84g (87.21%), Sugar: 18.72g (20.8%), Cholesterol: 436.81mg (145.6%), Sodium: 2482.98mg (107.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 71.43g (142.86%), Selenium: 183.82µg (262.6%), Vitamin B2: 3.16mg (185.86%), Manganese: 3.13mg (156.6%), Vitamin B1: 2.24mg (149.4%), Vitamin B3: 29.02mg (145.09%), Folate: 478.7µg (119.67%), Phosphorus: 1009.73mg (100.97%), Vitamin K: 103.45µg (98.53%), Iron: 15.49mg (86.07%), Vitamin A: 3621.15IU (72.42%), Copper: 1.44mg (72.06%), Vitamin B5: 5.65mg (56.46%), Calcium: 556.16mg (55.62%), Fiber: 11.48g (45.9%), Zinc: 6.78mg (45.2%), Potassium: 1564.32mg (44.69%), Magnesium: 146.13mg (36.53%), Vitamin E: 5.36mg (35.72%), Vitamin B6: 0.64mg (31.8%), Vitamin B12: 1.37µg (22.87%), Vitamin C: 9.6mg (11.63%), Vitamin D: 1.58µg (10.52%)