



Parmesan and Herb Cheese Straws

READY IN



45 min.

SERVINGS



24

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 egg white
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 2 ounces parmesan cheese shredded
- ☐ 1 sheet puff pastry frozen thawed
- ☐ 0.5 teaspoon sea salt

Equipment

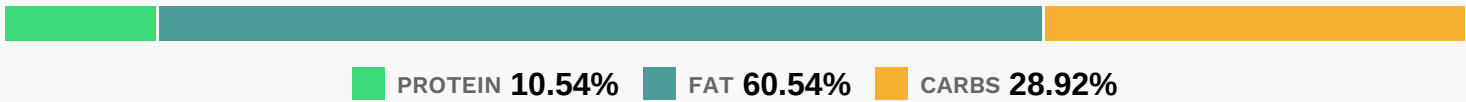
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 425; place a rack in the middle. Line 2 baking sheets with parchment paper.
- ☐ Whisk egg white in a small bowl. Unfold puff pastry sheet on lightly floured surface, and roll out to a 12- x 13-inch rectangle; brush with egg white.
- ☐ Sprinkle Parmesan cheese, chopped fresh thyme, and chopped fresh parsley over half of the rectangle, and fold the other half on top.
- ☐ Roll out pastry slightly (rectangle should be about 12 1/2 x 7 1/2 inches).
- ☐ Brush with remaining egg white, and sprinkle with sea salt.
- ☐ Place pastry on a baking sheet and chill in the fridge for 10 minutes. Trim the ends of the rectangle to make even.
- ☐ Cut pastry into 24 (7 1/2- x 1/2-inch) strips. Twist strips and arrange on baking sheets about 1 inch apart.
- ☐ Bake 10 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:2.54, Inflammation Score:-5, Nutrition Score:1.7839130422343%

Flavonoids

Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

Nutrients (% of daily need)

Calories: 66.87kcal (3.34%), Fat: 4.51g (6.94%), Saturated Fat: 1.38g (8.6%), Carbohydrates: 4.85g (1.62%), Net Carbohydrates: 4.61g (1.68%), Sugar: 0.11g (0.12%), Cholesterol: 1.61mg (0.54%), Sodium: 114.03mg (4.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.54%), Vitamin K: 7.15µg (6.81%), Selenium: 3.25µg (4.65%),

Calcium: 31.93mg (3.19%), Manganese: 0.06mg (3.06%), Vitamin B1: 0.04mg (2.81%), Vitamin B2: 0.05mg (2.66%),
Phosphorus: 23.52mg (2.35%), Iron: 0.4mg (2.25%), Folate: 8.95µg (2.24%), Vitamin B3: 0.45mg (2.24%), Vitamin C:
1.38mg (1.67%), Vitamin A: 74.35IU (1.49%)