



Parmesan Cheese Straws

READY IN



32 min.

SERVINGS



32

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 eggs
- 0.5 tsp ground pepper red divided (cayenne)
- 0.5 cup parmesan cheese divided grated kraft
- 1 puff pastry frozen thawed
- 1 Tbsp water

Equipment

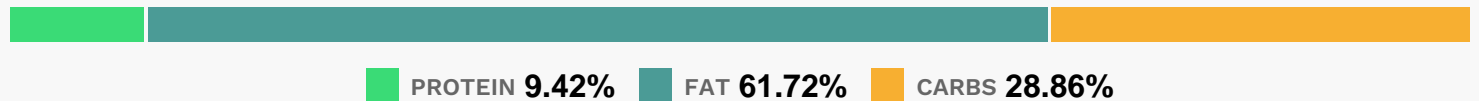
- baking sheet
- oven

- whisk
- rolling pin

Directions

- Preheat oven to 400F. Beat egg and water with wire whisk until well blended; set aside. Unfold pastry on lightly floured surface.
- Roll into 14x10-inch rectangle; cut in half lengthwise.
- Brush both pastry halves lightly with some of the egg mixture.
- Sprinkle 1/4 cup of the cheese and 1/4 tsp. of the pepper evenly over one of the pastry pieces; cover with remaining pastry piece, egg-side down.
- Roll gently with rolling pin to seal two pastry pieces together.
- Cut crosswise into 18 (3/4-inch-wide) strips. Twist each strip, then place, 2 inches apart, on greased baking sheets, pressing down ends of pastry strips to baking sheet to secure.
- Brush with remaining egg mixture; sprinkle evenly with remaining 1/4 cup cheese and remaining 1/4 tsp. pepper.
- Bake 10 to 12 min. or until golden brown.
- Serve warm or cooled to room temperature.

Nutrition Facts



Properties

Glycemic Index:2.75, Glycemic Load:1.87, Inflammation Score:-1, Nutrition Score:1.057391308491%

Nutrients (% of daily need)

Calories: 50.82kcal (2.54%), Fat: 3.49g (5.37%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 3.67g (1.22%), Net Carbohydrates: 3.55g (1.29%), Sugar: 0.07g (0.07%), Cholesterol: 6.47mg (2.16%), Sodium: 48.39mg (2.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.4%), Selenium: 2.82µg (4.03%), Vitamin B1: 0.03mg (2.1%), Manganese: 0.04mg (1.98%), Vitamin B2: 0.03mg (1.98%), Phosphorus: 17.3mg (1.73%), Folate: 6.74µg (1.69%), Vitamin B3: 0.32mg (1.62%), Calcium: 15.4mg (1.54%), Iron: 0.23mg (1.27%), Vitamin K: 1.29µg (1.22%)