



Parmesan Cheese Twists

READY IN



60 min.

SERVINGS



28

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 eggs
- 1 tablespoon parsley fresh chopped
- 0.5 teaspoon oregano leaves dried crushed
- 0.3 cup parmesan cheese grated
- 1 sheet puff pastry pepperidge farm®
- 1 tablespoon water

Equipment

- baking sheet

- oven
- rolling pin

Directions

- Thaw pastry sheet at room temperature 30 minutes. Preheat oven to 400 degrees F.
- Mix egg and water.
- Mix cheese, parsley and oregano.
- Unfold pastry on lightly floured surface.
- Roll into 14x10-inch rectangle.
- Cut in half lengthwise.
- Brush both halves with egg mixture. Top 1 rectangle with cheese mixture.
- Place remaining rectangle over cheese-topped rectangle, egg-side down.
- Roll gently with rolling pin to seal.
- Cut crosswise into 28 (1/2-inch) strips. Twist strips and place 2 inches apart on greased baking sheet, pressing down ends.
- Brush with egg mixture.
- Bake 10 minutes or until golden.
- Serve warm or at room temperature. Makes 28 appetizers.

Nutrition Facts

PROTEIN 8.14% FAT 61.73% CARBS 30.13%

Properties

Glycemic Index:3.32, Glycemic Load:2.14, Inflammation Score:-1, Nutrition Score:1.2113043367863%

Flavonoids

Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 54.36kcal (2.72%), Fat: 3.74g (5.75%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 4.1g (1.37%), Net Carbohydrates: 3.95g (1.44%), Sugar: 0.07g (0.08%), Cholesterol: 6.62mg (2.21%), Sodium: 39.76mg (1.73%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.22%), Selenium: 2.91µg (4.16%), Vitamin K: 3.99µg (3.8%),
Vitamin B1: 0.04mg (2.39%), Manganese: 0.05mg (2.3%), Vitamin B2: 0.04mg (2.08%), Folate: 7.92µg (1.98%),
Vitamin B3: 0.37mg (1.85%), Iron: 0.28mg (1.54%), Phosphorus: 14.16mg (1.42%), Calcium: 10.43mg (1.04%)