



Parmesan-Pepper Baby Elephant Ears

READY IN



45 min.

SERVINGS



66

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon pepper black
- 3 tablespoons butter melted
- 1 egg yolk
- 2 teaspoons paprika
- 0.3 cup parmesan cheese grated
- 17.3 ounce puff pastry frozen thawed
- 0.5 teaspoon salt
- 1 tablespoon water

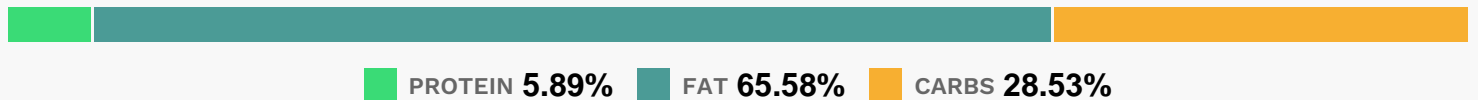
Equipment

- baking sheet
- oven
- whisk

Directions

- Roll 1 pastry sheet into a 13- x 11-inch rectangle. Stir together butter, and salt.
- Brush half of the butter mixture over pastry.
- Sprinkle with half of cheese, paprika, and black pepper.
- 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 cheese, paprika, and black pepper.
- 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 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:1.56, Glycemic Load:1.81, Inflammation Score:-1, Nutrition Score:0.85652174282333%

Nutrients (% of daily need)

Calories: 48.08kcal (2.4%), Fat: 3.52g (5.42%), Saturated Fat: 0.91g (5.67%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 3.31g (1.2%), Sugar: 0.06g (0.07%), Cholesterol: 3.28mg (1.09%), Sodium: 48.88mg (2.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.42%), Selenium: 2.08µg (2.98%), Vitamin B1: 0.03mg (2.02%), Manganese: 0.04mg (1.98%), Vitamin B3: 0.32mg (1.58%), Folate: 6.24µg (1.56%), Vitamin B2: 0.02mg (1.45%), Vitamin K: 1.27µg (1.21%), Vitamin A: 59.98IU (1.2%), Iron: 0.21mg (1.18%)