



Parmesan Twists

READY IN



45 min.

SERVINGS



24

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 eggs lightly beaten
- ☐ 6 ounces parmesan grated
- ☐ 17.3 ounce puff pastry thawed

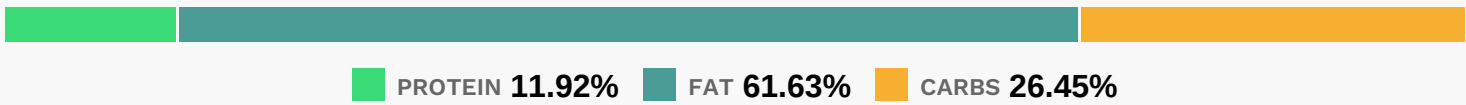
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400 F.
- ☐ Cut the puff pastry lengthwise into 24 strips.
- ☐ Brush with egg.
- ☐ Sprinkle with the Parmesan and seeds (if using) and twist.
- ☐ Place on 2 baking sheets.
- ☐ Bake until golden, 12 to 15 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:3.46, Glycemic Load:5.04, Inflammation Score:-1, Nutrition Score:3.0152173936367%

Nutrients (% of daily need)

Calories: 142.68kcal (7.13%), Fat: 9.77g (15.03%), Saturated Fat: 3.19g (19.91%), Carbohydrates: 9.43g (3.14%), Net Carbohydrates: 9.13g (3.32%), Sugar: 0.21g (0.24%), Cholesterol: 11.64mg (3.88%), Sodium: 166.88mg (7.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.5%), Selenium: 7.09µg (10.13%), Calcium: 86.98mg (8.7%), Phosphorus: 65.04mg (6.5%), Vitamin B1: 0.08mg (5.64%), Vitamin B2: 0.09mg (5.27%), Manganese: 0.1mg (5.07%), Vitamin B3: 0.87mg (4.35%), Folate: 17.25µg (4.31%), Iron: 0.61mg (3.4%), Vitamin K: 3.41µg (3.24%), Zinc: 0.33mg (2.18%), Vitamin B12: 0.1µg (1.69%), Magnesium: 6.6mg (1.65%), Copper: 0.03mg (1.34%), Vitamin A: 65.46IU (1.31%), Fiber: 0.31g (1.22%)