



## Pastel Gloria (Guava, Dulce de Leche and Cheese Pastry)

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



273 kcal

SIDE DISH

### Ingredients

- ☐ 4 oz dulce de leche
- ☐ 1 eggs lightly beaten
- ☐ 4 oz guava paste sliced
- ☐ 4 oz mozzarella cheese white sliced
- ☐ 1 package puff pastry frozen thawed
- ☐ 2 tablespoons sugar for garnish

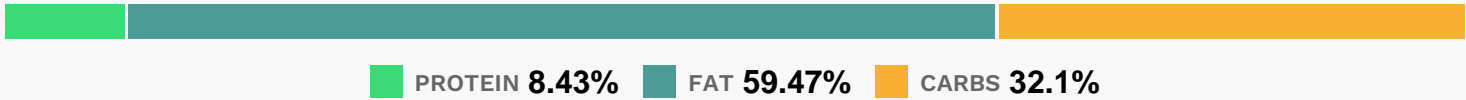
### Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ cookie cutter

## Directions

- ☐ Preheat oven to 400 degrees F.Flour a clean, dry counter top or other flat working surface.
- ☐ Lay out the puff pasty on the floured surface. Flour the top of the dough.
- ☐ Roll out the puff pastry until it is half as thick (about 1/8-inch).sing a large cookie cutter, cut into 24 circles and brush the edges of each circle with the egg. A little off center of each circle, place 1 slice of guava paste, 1 slice of cheese and about 1/2 tablespoon dulce de leche.
- ☐ Place another circle on top to enclose the filling.Crimp the edges with a fork. Repeat with the remaining pasteles, placing them on a parchment paper-lined baking sheet as you go.
- ☐ Bake for 20 minutes or until golden brown and puffy.
- ☐ Sprinkle with the sugar on top, then cool the pasteles on a rack for 10 minutes.
- ☐ Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:21.67, Glycemic Load:11.97, Inflammation Score:-3, Nutrition Score:6.5269565996916%

## Nutrients (% of daily need)

Calories: 272.71kcal (13.64%), Fat: 18.11g (27.87%), Saturated Fat: 5.32g (33.26%), Carbohydrates: 21.99g (7.33%), Net Carbohydrates: 20.87g (7.59%), Sugar: 3.25g (3.61%), Cholesterol: 21.11mg (7.04%), Sodium: 166.34mg (7.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.56%), Vitamin C: 21.55mg (26.12%), Selenium: 12.68µg (18.12%), Vitamin B1: 0.17mg (11.54%), Manganese: 0.22mg (10.87%), Folate: 38.87µg (9.72%), Vitamin B2: 0.16mg (9.6%), Vitamin B3: 1.82mg (9.08%), Phosphorus: 68.99mg (6.9%), Vitamin K: 7.05µg (6.71%), Iron: 1.18mg (6.54%), Calcium: 55.58mg (5.56%), Fiber: 1.12g (4.49%), Vitamin B12: 0.25µg (4.13%), Zinc: 0.56mg (3.74%), Copper: 0.07mg (3.61%), Vitamin A: 143.06IU (2.86%), Magnesium: 10.94mg (2.74%), Vitamin E: 0.35mg (2.31%), Potassium: 76.6mg (2.19%), Vitamin B6: 0.03mg (1.43%), Vitamin B5: 0.11mg (1.12%)