



Petits Pains au Chocolat

READY IN



45 min.

SERVINGS



24

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large water with 1 tablespoon water (for glaze) beaten to blend
- ☐ 14 ounce chocolate cut into six 2x3/4-inch pieces
- ☐ 2 sheets puff pastry frozen thawed cut into 12 squares (one 17.3-ounce package)
- ☐ 24 servings sugar

Equipment

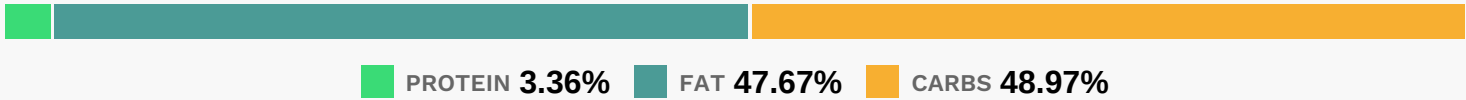
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

☐ plastic wrap

Directions

- ☐ Line baking sheet with parchment paper.
- ☐ Brush top of each puff pastry square with egg glaze.
- ☐ Place 1 chocolate piece on edge of 1 pastry square.
- ☐ Roll up dough tightly, enclosing chocolate. Repeat with remaining pastry and chocolate.
- ☐ Place pastry rolls on baking sheet, seam side down. DO AHEAD: Can be made 1 day ahead. Cover pastries with plastic wrap and refrigerate. Cover and refrigerate remaining egg glaze.
- ☐ Preheat oven to 400°F.
- ☐ Brush tops of pastry rolls with remaining egg glaze.
- ☐ Sprinkle lightly with sugar.
- ☐ Bake until pastries are golden brown, about 15 minutes.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:7.03, Glycemic Load:17.23, Inflammation Score:-1, Nutrition Score:3.1886956507097%

Nutrients (% of daily need)

Calories: 242.54kcal (12.13%), Fat: 13.47g (20.73%), Saturated Fat: 5.29g (33.06%), Carbohydrates: 31.15g (10.38%), Net Carbohydrates: 29.93g (10.88%), Sugar: 20.64g (22.93%), Cholesterol: 0mg (0%), Sodium: 53.65mg (2.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.91mg (3.64%), Protein: 2.14g (4.27%), Manganese: 0.18mg (9.09%), Selenium: 5.48µg (7.82%), Copper: 0.12mg (5.96%), Vitamin B2: 0.1mg (5.87%), Vitamin B1: 0.08mg (5.64%), Magnesium: 21.96mg (5.49%), Iron: 0.99mg (5.47%), Fiber: 1.22g (4.86%), Vitamin B3: 0.96mg (4.81%), Vitamin K: 4.33µg (4.12%), Folate: 16.42µg (4.11%), Phosphorus: 36.56mg (3.66%), Zinc: 0.36mg (2.38%), Potassium: 60.65mg (1.73%), Vitamin E: 0.15mg (1.02%)