



## Petits Pains au Chocolat

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



284 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 large eggs beaten
- ☐ 16 ounce package of puff pastry dough cold
- ☐ 12 ounces bittersweet chocolate

## Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

# Directions

- ☐ Use a high-quality commercial all-butter puff pastry, such as Dufour, which is available in the freezer section of specialty food markets. Or purchase puff pastry dough from your local French bakery. Preheat the oven to 42
- ☐ Line 2 baking sheets with parchment paper. Lightly roll out the puff pastry 1/8 inch thick if using 14 ounces of dough or 1/4 inch thick if using 16 ounces of dough.
- ☐ Cut the pastry into sixteen 3 1/2-by-4 1/2-inch rectangles.
- ☐ Place a piece of chocolate in the center of each rectangle and fold the long sides over the chocolate like a business letter. Seal the exposed edge with some of the beaten egg. Repeat with the remaining dough rectangles, chocolate and egg wash. Arrange 8 pastries on each baking sheet. Refrigerate 1 sheet of pastries and bake the other in the center of the oven for 10 minutes. Reduce the heat to 375 and bake for about 15 minutes longer, or until golden brown and cooked through.
- ☐ Transfer the pains au chocolat to a rack to cool slightly. Repeat with the remaining pastries.
- ☐ Serve slightly warm.

## Nutrition Facts



## Properties

Glycemic Index:3.5, Glycemic Load:6.92, Inflammation Score:-2, Nutrition Score:6.0139130470545%

## Nutrients (% of daily need)

Calories: 283.78kcal (14.19%), Fat: 19.24g (29.61%), Saturated Fat: 7.52g (46.97%), Carbohydrates: 23.95g (7.98%), Net Carbohydrates: 21.83g (7.94%), Sugar: 8.03g (8.92%), Cholesterol: 12.9mg (4.3%), Sodium: 77.15mg (3.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 18.29mg (6.1%), Protein: 3.76g (7.53%), Manganese: 0.42mg (21.05%), Copper: 0.3mg (15%), Selenium: 9.61µg (13.72%), Iron: 2.12mg (11.8%), Magnesium: 42.33mg (10.58%), Fiber: 2.13g (8.5%), Vitamin B1: 0.12mg (8.06%), Phosphorus: 78.48mg (7.85%), Vitamin B3: 1.36mg (6.81%), Vitamin B2: 0.1mg (6.17%), Folate: 23.58µg (5.9%), Vitamin K: 6.1µg (5.81%), Zinc: 0.75mg (5.03%), Potassium: 142.16mg (4.06%), Vitamin E: 0.31mg (2.08%), Calcium: 17.77mg (1.78%), Vitamin B5: 0.11mg (1.12%), Vitamin B12: 0.07µg (1.1%)