



Potato-and-Blue Cheese Pastries

READY IN



45 min.

SERVINGS



22

CALORIES



193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 ounces cheese blue crumbled
- 0.3 cup butter softened
- 2 garlic cloves minced
- 1 small onion chopped
- 0.5 teaspoon pepper freshly ground
- 22 ounce potatoes frozen mashed
- 17.3 ounce puff pastry sheets frozen thawed
- 0.5 teaspoon salt
- 1 tablespoon vegetable oil

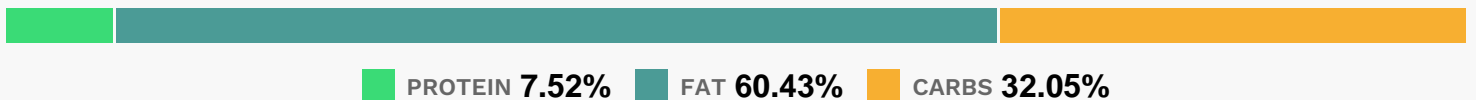
Equipment

- frying pan
- baking sheet
- oven
- aluminum foil
- serrated knife

Directions

- Prepare mashed potatoes according to package directions. Stir in blue cheese and next 3 ingredients.
- Saut onion in hot oil in a small nonstick skillet over medium-high heat 10 minutes or until tender.
- Add minced garlic, and saut 2 minutes; stir into potato mixture.
- Unfold 1 pastry sheet on a lightly floured surface; roll out to an 11- x 11-inch square.
- Spread half of potato mixture evenly over pastry sheet, leaving a 1-inch border.
- Roll up, jellyroll fashion, forming a log. Repeat procedure with remaining pastry sheet and potato mixture.
- Cut each log into 11 (1-inch-thick) slices with a serrated knife; place slices on a lightly greased aluminum foil-lined baking sheet.
- Bake at 400 for 30 minutes or until golden brown.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:11.63, Glycemic Load:9.19, Inflammation Score:-2, Nutrition Score:4.4086956491937%

Flavonoids

Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 192.86kcal (9.64%), Fat: 13.04g (20.07%), Saturated Fat: 3.88g (24.27%), Carbohydrates: 15.57g (5.19%), Net Carbohydrates: 14.54g (5.29%), Sugar: 0.56g (0.62%), Cholesterol: 4.83mg (1.61%), Sodium: 208.51mg (9.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.31%), Selenium: 6.46µg (9.22%), Manganese: 0.17mg (8.35%), Vitamin B1: 0.12mg (7.69%), Vitamin C: 5.91mg (7.16%), Vitamin B3: 1.3mg (6.49%), Folate: 24.84µg (6.21%), Vitamin B2: 0.1mg (5.81%), Phosphorus: 56.44mg (5.64%), Vitamin B6: 0.11mg (5.33%), Vitamin K: 5.5µg (5.24%), Iron: 0.83mg (4.59%), Potassium: 156.84mg (4.48%), Calcium: 41.88mg (4.19%), Fiber: 1.03g (4.11%), Copper: 0.06mg (3.06%), Magnesium: 12.1mg (3.03%), Vitamin A: 142.56IU (2.85%), Zinc: 0.38mg (2.54%), Vitamin B5: 0.2mg (2.04%), Vitamin E: 0.27mg (1.81%), Vitamin B12: 0.08µg (1.35%)