

VEGETARIAN

Puff Pastry

22 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	10	\$0.30	254 kcal



Ingredients

- ☐ 1 cup butter, chilled and diced
- ☐ 1½ cups all-purpose flour
- ☐ ½ cup sour cream

EQUIPMENT Bowl

Method

- 1 Place flour in a medium bowl.
- 2 Cut in butter until mixture is the size of small peas.
- 3 Add sour cream. Stir with a fork until pastry forms a ball. Wrap in plastic and chill overnight. When ready to use, roll pastry thinly (about 1/8 inch).

Nutrition per serving

254

KCAL

2 g

PROTEIN

21 g

FAT

15 g

CARBS

Saturated Fat

12.9 g · 80% of daily needs

Fibre

0.5 g · 2% of daily needs

Sugar

0.5 g · 1% of daily needs

Sodium

150 mg · 7% of daily needs

Cholesterol

55.6 mg · 19% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/puff-pastry-144617