



WHATSheATE



Puff Pastry Cheese and Preserve Danish



Vegetarian

READY IN



100 min.

SERVINGS



5

CALORIES



543 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 egg yolk with 1 tablespoon water beaten
- ☐ 6 ounce fruit preserves recommended: Cherry
- ☐ 1 cup mascarpone cheese
- ☐ 1 sheet puff pastry frozen thawed store bought
- ☐ 0.3 cup sugar
- ☐ 0.5 teaspoon vanilla extract

Equipment

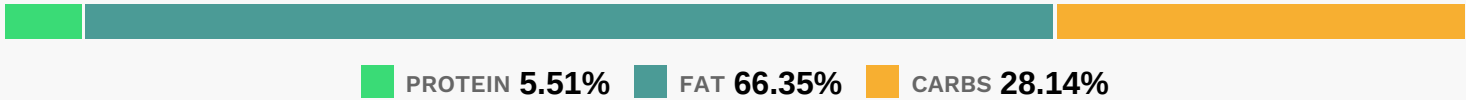
- ☐ bowl

- ☐ baking paper
- ☐ oven
- ☐ rolling pin

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 375 degrees F.
- ☐ In a small bowl combine the mascarpone, egg yolk, sugar, flour and vanilla. Stir until just combined and then set aside.
- ☐ Dust the puff pastry with flour and roll with a rolling pin to flatten and smooth.
- ☐ Place the puff pastry on a sheet tray lined with parchment paper. Schmear the mascarpone down the middle of the puff pastry lengthwise into a 3-inch wide strip. Spoon the fruit preserves on top of the mascarpone.
- ☐ Using sharp kitchen shears cut the long sides of the pastry into 1-inch wide strips.
- ☐ Cut towards the cheese filling but stop about 1-inch before you get to the filling. This result will look like fringy pastry. Alternating sides, fold 1 piece of the fringe over the cheese and jelly mixture. The result will look like a braided pastry with fruit preserve peeking through.
- ☐ Brush the dough with the beaten egg yolk mixture.
- ☐ Bake for 25 to 30 minutes until golden brown.
- ☐ Let cool before serving.
- ☐ Cut into strips to serve.
- ☐ Call yourself a super star!

Nutrition Facts



Properties

Glycemic Index:25.22, Glycemic Load:18.94, Inflammation Score:-5, Nutrition Score:6.4186956597411%

Nutrients (% of daily need)

Calories: 543.13kcal (27.16%), Fat: 39.94g (61.45%), Saturated Fat: 17.67g (110.45%), Carbohydrates: 38.12g (12.71%), Net Carbohydrates: 36.84g (13.4%), Sugar: 14.24g (15.82%), Cholesterol: 83.88mg (27.96%), Sodium: 150.32mg (6.54%), Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Protein: 7.46g (14.91%), Selenium: 13.93µg (19.91%), Vitamin A: 785.14IU (15.7%), Vitamin B1: 0.21mg (13.7%), Manganese: 0.25mg (12.58%), Folate: 44.16µg (11.04%), Vitamin B3: 2.18mg (10.89%), Vitamin B2: 0.17mg (9.89%), Vitamin K: 9.48µg (9.03%), Iron: 1.46mg (8.13%), Calcium: 74.39mg (7.44%), Fiber: 1.28g (5.12%), Phosphorus: 47.55mg (4.75%), Copper: 0.09mg (4.26%), Zinc: 0.37mg (2.5%), Magnesium: 9.77mg (2.44%), Vitamin E: 0.36mg (2.38%), Potassium: 64.88mg (1.85%), Vitamin B6: 0.03mg (1.42%), Vitamin D: 0.19µg (1.3%), Vitamin B5: 0.12mg (1.22%), Vitamin B12: 0.07µg (1.17%)