



## Pumpkin Spice Palmiers

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



1440 min.

SERVINGS



24

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 2 tablespoons cinnamon
- ☐ 1 teaspoon grating nutmeg
- ☐ 1 tablespoon ground ginger
- ☐ 0.5 cup pumpkin puree
- ☐ 1 pinch salt
- ☐ 0.5 cup sugar for sprinkling
- ☐ 1 cup water

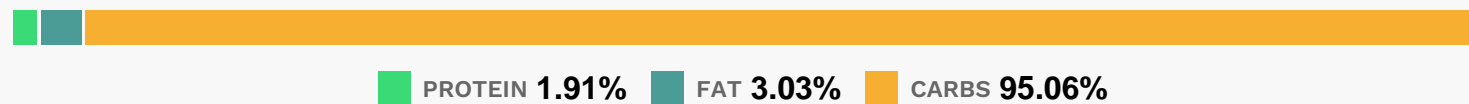
### Equipment

- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ spatula

## Directions

- ☐ Combine pumpkin, 1/2 cup sugar, and water in a small saucepan and bring the mixture to a simmer.
- ☐ Remove it from heat and allow to cool completely in the fridge.
- ☐ Whisk 1 cup sugar, spices, and pinch of salt together and set aside.
- ☐ Trim, chilled puff pastry rolled to 1/8th inch into a neat rectangle, approximately 20x14 inches.
- ☐ Brush the pastry sheet carefully on both sides with the syrup, and put the leftovers in the fridge.
- ☐ Sprinkle both sides of the pastry sheet with the reserved sugar mixture, saving half for later.
- ☐ Roll the outer edges (the 20-inch side) of the pastry sheet into coils towards each other, so the two rolled up edges meet in the middle. Wrap the coils together tightly in plastic and place in the freezer for four hours.
- ☐ Preheat oven to 450°F.
- ☐ Remove the roll from the freezer, allow it to sit in a cool room for 15 minutes, then slice horizontally into 1/4 inch slices.
- ☐ Place on a parchment paper-lined sheet tray, an inch apart.
- ☐ Brush with reserved syrup and sprinkle with the remaining sugar mixture.
- ☐ Bake for 10 minutes, then flip with a spatula and bake for another 10 minutes, or until the puff pastry is puffed up and golden brown and the caramel is dark and bubbling. Cool completely on the tray before serving.

## Nutrition Facts



## Properties

Glycemic Index:6.05, Glycemic Load:2.93, Inflammation Score:-5, Nutrition Score:1.5282608934719%

Nutrients (% of daily need)

Calories: 20.56kcal (1.03%), Fat: 0.08g (0.12%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 5.29g (1.76%), Net Carbohydrates: 4.74g (1.72%), Sugar: 4.37g (4.86%), Cholesterol: 0mg (0%), Sodium: 2.54mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.21%), Vitamin A: 796.48IU (15.93%), Manganese: 0.2mg (9.8%), Fiber: 0.55g (2.19%)