



Quick Brisket Puffs

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups brisket cooked
- 1 large eggs
- 0.1 teaspoon thyme sprigs fresh per square)
- 0.5 teaspoon onion prepared per square)
- 24 servings bell pepper
- 1 sheet puff pastry frozen thawed (half of a 17.3-oz. package)
- 24 servings salt

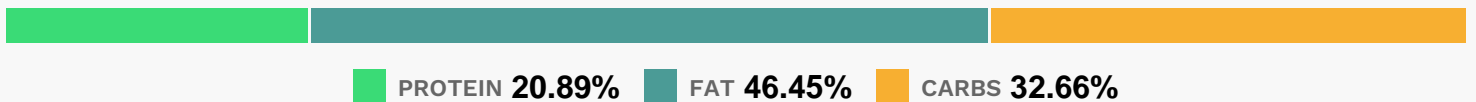
Equipment

- baking sheet
- oven
- rolling pin

Directions

- Shred about 10 ounces cooked beef brisket or chuck (about 2 cups). Beat 1 large egg with 1 tablespoon water to blend.
- On a lightly floured surface, with a floured rolling pin, roll 1 sheet of thawed frozen puff pastry dough (half of a 3-oz. package) into a 1/16-inch-thick rectangle.
- Cut into 3-inch squares.
- Mound about 1 tablespoon brisket in center of each square. Top with 1/2 teaspoon prepared onion chutney and 1/8 teaspoon fresh thyme leaves; sprinkle with salt and pepper.
- Pull corners of pastry over filling and overlap; brush tops with beaten egg to seal. Set on a baking sheet. Repeat with remaining sheet of puff pastry to roll out, cut, fill, and seal more puffs. Set on another baking sheet.
- Bake in a 375 oven until golden brown, 16 to 19 minutes.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:3.43, Inflammation Score:-9, Nutrition Score:12.173043433739%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 109.18kcal (5.46%), Fat: 5.76g (8.87%), Saturated Fat: 1.6g (10.03%), Carbohydrates: 9.12g (3.04%), Net Carbohydrates: 7.4g (2.69%), Sugar: 3.21g (3.57%), Cholesterol: 19.97mg (6.66%), Sodium: 240.73mg (10.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.66%), Vitamin C: 95.38mg (115.61%), Vitamin A: 2344.44IU (46.89%), Vitamin B6: 0.31mg (15.27%), Folate: 44.6µg (11.15%), Vitamin B3: 1.93mg (9.67%), Selenium:

6.42µg (9.17%), Vitamin E: 1.32mg (8.78%), Vitamin B12: 0.5µg (8.29%), Vitamin B2: 0.14mg (7.96%), Zinc: 1.12mg (7.45%), Phosphorus: 69.27mg (6.93%), Fiber: 1.72g (6.88%), Manganese: 0.14mg (6.87%), Vitamin B1: 0.1mg (6.76%), Potassium: 231.52mg (6.61%), Iron: 1mg (5.56%), Vitamin K: 5.56µg (5.29%), Magnesium: 15.38mg (3.85%), Vitamin B5: 0.34mg (3.37%), Copper: 0.04mg (2.09%)