



## Raspberry Cream-Cheese Puffs

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



462 kcal

SIDE DISH

### Ingredients

- ☐ 1 tablespoon confectioners' sugar for dusting
- ☐ 1 large eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 12 oz neufchâtel cheese softened
- ☐ 1 puff pastry thawed
- ☐ 3 tablespoons raspberry jam seedless
- ☐ 0.5 teaspoon vanilla extract pure

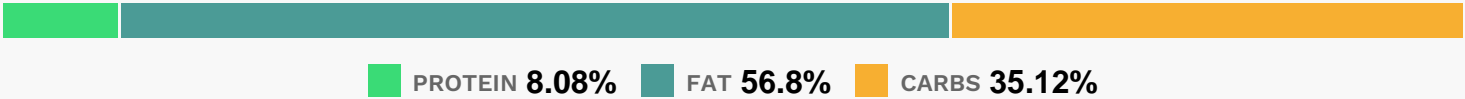
## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ hand mixer

## Directions

- ☐ Preheat oven to 40
- ☐ With an electric mixer, beat together Neufchtel cheese and granulated sugar until fluffy.
- ☐ Add flour, egg and vanilla extract, then mix at medium speed until blended. Set aside.
- ☐ Roll out pastry sheet on a lightly floured surface to a 16-by-11-inch rectangle.
- ☐ Transfer to a large baking sheet. With a short end toward you, spoon cheese mixture lengthwise down center third of dough. Spoon jam in a line down center. With a knife or pastry wheel, cut 5 horizontal slashes on each side of filling, beginning on outside of dough, cutting toward middle to within 1/2 inch of filling. Crisscross strips over filling, overlapping for a braided effect.
- ☐ Bake pastry until puffy and golden, about 30 minutes.
- ☐ Let cool for 15 minutes on pan on rack. Dust with confectioners' sugar just before cutting crosswise and serving.

## Nutrition Facts



## Properties

Glycemic Index:47.18, Glycemic Load:22.7, Inflammation Score:-4, Nutrition Score:7.1021739296291%

## Nutrients (% of daily need)

Calories: 461.63kcal (23.08%), Fat: 29.32g (45.11%), Saturated Fat: 11.45g (71.58%), Carbohydrates: 40.79g (13.6%), Net Carbohydrates: 40.04g (14.56%), Sugar: 19.43g (21.59%), Cholesterol: 72.96mg (24.32%), Sodium: 306.28mg (13.32%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Protein: 9.39g (18.77%), Selenium: 14.84µg (21.2%), Vitamin

B2: 0.26mg (15.18%), Vitamin B1: 0.19mg (12.65%), Phosphorus: 122.51mg (12.25%), Folate: 47.09µg (11.77%),  
Manganese: 0.22mg (11.08%), Vitamin A: 522.25IU (10.44%), Vitamin B3: 1.91mg (9.53%), Calcium: 77.44mg (7.74%),  
Iron: 1.38mg (7.66%), Vitamin K: 7.57µg (7.21%), Zinc: 0.81mg (5.37%), Vitamin B5: 0.46mg (4.61%), Vitamin B12:  
0.24µg (4.07%), Copper: 0.08mg (4.04%), Potassium: 132.37mg (3.78%), Vitamin E: 0.55mg (3.65%), Magnesium:  
13.92mg (3.48%), Fiber: 0.76g (3.03%), Vitamin B6: 0.05mg (2.43%), Vitamin D: 0.17µg (1.11%), Vitamin C: 0.88mg  
(1.07%)