



Raspberry Pastry Pockets

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



188 kcal

SIDE DISH

Ingredients

- ☐ 4 ounces cream cheese room temperature
- ☐ 1 eggs
- ☐ 1 egg yolk
- ☐ 0.5 teaspoon lemon rind
- ☐ 0.5 cup powdered sugar
- ☐ 1 sheet puff pastry frozen
- ☐ 0.5 pint raspberries
- ☐ 2 teaspoon sugar

- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 teaspoon water

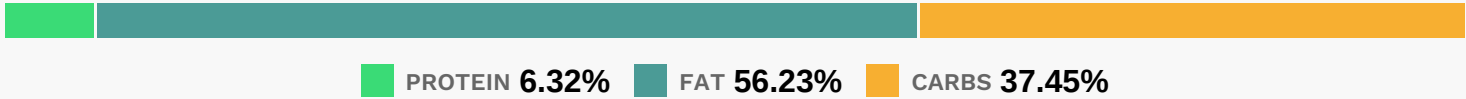
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Thaw the puff pastry and roll the sheets out on a lightly floured surface to make it a little thinner. Chill, covered with plastic wrap to let rest. In a mixer with a paddle attachment, mix the cream cheese, egg yolk, powdered sugar, vanilla extract and lemon rind.
- ☐ Make an egg wash by whisking together the egg and water in a small bowl.
- ☐ Cut the puff pastry into 3-inch squares.
- ☐ Lay a square of pastry on a work surface and paint the edge with egg wash. In the center of the pastry, place 1 tablespoon of cheese filling and 3 raspberries. Paint the edge of a second square of pastry with egg wash, place it on top of the filling and carefully press the edges together to seal them well.
- ☐ Place pockets 1-inch apart on a parchment paper lined sheet pan and keep chilled. Repeat with the remaining pastry.
- ☐ When they're all done, brush the top surface with egg wash and sprinkle with sugar.
- ☐ Bake in a pre heated at 375 degree F oven until golden brown, about 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:14.92, Glycemic Load:5.87, Inflammation Score:-2, Nutrition Score:4.1800000252931%

Flavonoids

Cyanidin: 9.02mg, Cyanidin: 9.02mg, Cyanidin: 9.02mg, Cyanidin: 9.02mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 188.43kcal (9.42%), Fat: 11.91g (18.32%), Saturated Fat: 4.14g (25.87%), Carbohydrates: 17.84g (5.95%), Net Carbohydrates: 16.25g (5.91%), Sugar: 6.98g (7.76%), Cholesterol: 39.38mg (13.13%), Sodium: 86.8mg (3.77%), Alcohol: 0.06g (100%), Alcohol %: 0.12% (100%), Protein: 3.01g (6.02%), Manganese: 0.24mg (11.76%), Selenium: 7.79µg (11.13%), Vitamin B2: 0.11mg (6.65%), Vitamin C: 5.27mg (6.39%), Fiber: 1.6g (6.39%), Vitamin B1: 0.09mg (6.26%), Folate: 24.84µg (6.21%), Vitamin B3: 0.98mg (4.91%), Vitamin K: 5.04µg (4.8%), Iron: 0.78mg (4.32%), Phosphorus: 41.21mg (4.12%), Vitamin A: 175.09IU (3.5%), Vitamin E: 0.44mg (2.94%), Copper: 0.05mg (2.36%), Magnesium: 9.01mg (2.25%), Vitamin B5: 0.22mg (2.2%), Zinc: 0.32mg (2.14%), Calcium: 20.34mg (2.03%), Potassium: 61.89mg (1.77%), Vitamin B6: 0.03mg (1.6%), Vitamin B12: 0.08µg (1.38%), Vitamin D: 0.15µg (1.03%)