



Red pepper, walnut & goat's cheese palmiers

 Vegetarian

READY IN



22 min.

SERVINGS



20

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 500 g puff pastry
- ☐ 100 g goat cheese soft
- ☐ 200 g roasted peppers red
- ☐ 50 g walnuts

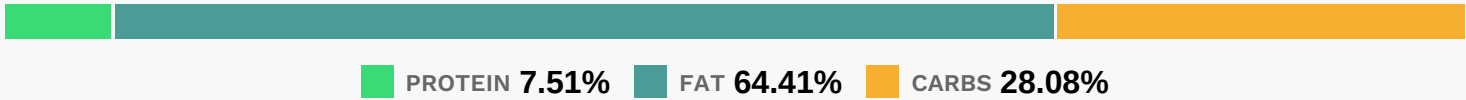
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Roll out the puff pastry to a large rectangle.
- ☐ Spread the goats cheese over the pastry. Roughly chop the peppers and walnut pieces, then sprinkle over the cheese.
- ☐ Roll up one edge of the pastry into the centre, then repeat with the opposite edge to meet in the middle.
- ☐ Cut into 20 slices, place on a baking tray and bake for 10-12 mins until golden.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:6.14, Inflammation Score:-2, Nutrition Score:3.7413043418656%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 169.1kcal (8.45%), Fat: 12.24g (18.83%), Saturated Fat: 3.3g (20.61%), Carbohydrates: 12.01g (4%), Net Carbohydrates: 11.35g (4.13%), Sugar: 0.29g (0.33%), Cholesterol: 2.3mg (0.77%), Sodium: 217.6mg (9.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.42%), Manganese: 0.23mg (11.42%), Selenium: 6.34µg (9.06%), Vitamin B1: 0.11mg (7.6%), Folate: 24.15µg (6.04%), Copper: 0.12mg (5.89%), Vitamin B3: 1.15mg (5.73%), Vitamin C: 4.68mg (5.68%), Vitamin B2: 0.1mg (5.68%), Iron: 0.89mg (4.93%), Vitamin K: 4.18µg (3.98%), Phosphorus: 38.45mg (3.85%), Fiber: 0.66g (2.65%), Magnesium: 9.85mg (2.46%), Vitamin B6: 0.05mg (2.45%), Vitamin A: 104.4IU (2.09%), Zinc: 0.27mg (1.83%), Calcium: 16.05mg (1.61%), Potassium: 42.17mg (1.21%), Vitamin E: 0.16mg (1.08%)