



Salmon Puffs

READY IN



60 min.

SERVINGS



16

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 egg white beaten
- ☐ 12 ounces feta cheese crumbled
- ☐ 0.1 teaspoon garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 17.5 ounce puff pastry frozen thawed
- ☐ 8 ounces salmon smoked chopped

Equipment

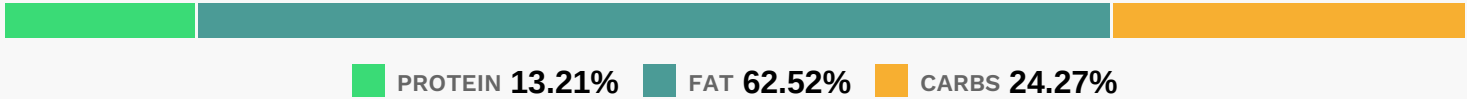
- ☐ baking sheet

- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line two baking sheets with parchment paper.
- ☐ Combine smoked salmon, feta cheese, black pepper and garlic.
- ☐ Roll out puff pastry on lightly floured surface to form a 12x12 inch sheet.
- ☐ Cut sheet into 16 3x3-inch squares.
- ☐ Place a spoonful of salmon filling in the center of each square. Pull together corners of each square to form 16 small packets.
- ☐ Brush packets with egg whites and place on prepared baking sheets. (The puffs can be frozen at this point. See Editor's Note.)
- ☐ Bake in preheated oven until pastry is golden brown, about 20 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:9.06, Glycemic Load:7.8, Inflammation Score:-2, Nutrition Score:7.4591303549545%

Nutrients (% of daily need)

Calories: 244.87kcal (12.24%), Fat: 17g (26.16%), Saturated Fat: 5.95g (37.19%), Carbohydrates: 14.85g (4.95%), Net Carbohydrates: 14.38g (5.23%), Sugar: 0.24g (0.27%), Cholesterol: 22.18mg (7.39%), Sodium: 433.85mg (18.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.08g (16.17%), Selenium: 15.67µg (22.38%), Vitamin B2: 0.29mg (17.05%), Vitamin D: 2.51µg (16.73%), Vitamin B12: 0.82µg (13.72%), Phosphorus: 113.87mg (11.39%), Calcium: 109.79mg (10.98%), Vitamin B3: 2.17mg (10.87%), Vitamin B1: 0.16mg (10.64%), Manganese: 0.16mg (8.21%), Folate: 31.35µg (7.84%), Vitamin B6: 0.14mg (6.83%), Iron: 1.06mg (5.87%), Zinc: 0.82mg (5.48%), Vitamin K: 5.44µg (5.18%), Copper: 0.08mg (3.78%), Vitamin B5: 0.33mg (3.33%), Magnesium: 11.82mg (2.95%), Vitamin E: 0.4mg (2.65%), Vitamin A: 102.54IU (2.05%), Fiber: 0.47g (1.89%), Potassium: 60.47mg (1.73%)