

Savory Olive & Goat Cheese Palmiers

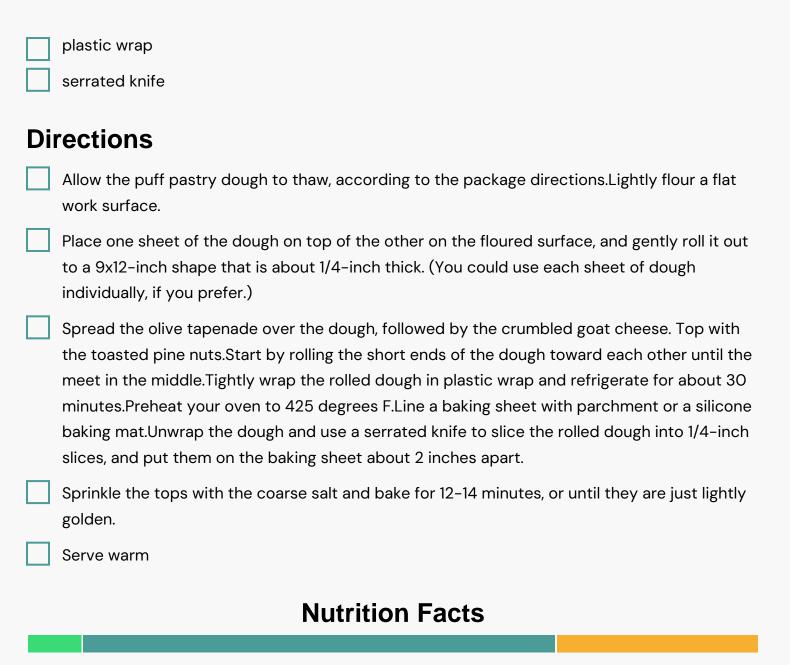


Ingredients

- 16 servings coarse salt to taste
- 0.5 cup goat cheese crumbled
- 0.3 cup olive tapenade prepared (or another type, like artichoke tapenade)
- 0.3 cup pinenuts toasted
- 1 package puff pastry thawed prepared (2 sheets)

Equipment

- baking sheet
 - oven



PROTEIN 7.56% 🚺 FAT 64.71% 🗾 CARBS 27.73%

Properties

Glycemic Index:3.5, Glycemic Load:7.48, Inflammation Score:-2, Nutrition Score:4.155652173913%

Nutrients (% of daily need)

Calories: 201.67kcal (10.08%), Fat: 14.61g (22.47%), Saturated Fat: 4.09g (25.57%), Carbohydrates: 14.09g (4.7%), Net Carbohydrates: 13.55g (4.93%), Sugar: 0.37g (0.41%), Cholesterol: 3.26mg (1.09%), Sodium: 296.19mg (12.88%), Protein: 3.84g (7.68%), Manganese: 0.34mg (17.14%), Selenium: 7.63µg (10.89%), Vitamin B1: 0.13mg (8.97%), Vitamin B3: 1.4mg (7%), Vitamin B2: 0.12mg (6.97%), Folate: 25.46µg (6.36%), Vitamin K: 6.2µg (5.9%), Iron: 1.04mg (5.76%), Copper: 0.11mg (5.74%), Phosphorus: 48.66mg (4.87%), Magnesium: 11.33mg (2.83%), Vitamin E: 0.37mg (2.5%), Zinc: 0.36mg (2.43%), Fiber: 0.54g (2.15%), Vitamin A: 74.2IU (1.48%), Calcium: 13.45mg (1.35%), Vitamin B6: 0.03mg (1.31%)