



Savory Olive & Goat Cheese Palmiers

READY IN



45 min.

SERVINGS



16

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

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

- plastic wrap
- serrated knife

Directions

- Allow the puff pastry dough to thaw, according to the package directions. Lightly flour a flat work surface.
- Place one sheet of the dough on top of the other on the floured surface, and gently roll it out to a 9x12-inch shape that is about 1/4-inch thick. (You could use each sheet of dough individually, if you prefer.)
- Spread the olive tapenade over the dough, followed by the crumbled goat cheese. Top with the toasted pine nuts. Start by rolling the short ends of the dough toward each other until they meet in the middle. Tightly wrap the rolled dough in plastic wrap and refrigerate for about 30 minutes. Preheat your oven to 425 degrees F. Line a baking sheet with parchment or a silicone baking mat. Unwrap the dough and use a serrated knife to slice the rolled dough into 1/4-inch slices, and put them on the baking sheet about 2 inches apart.
- Sprinkle the tops with the coarse salt and bake for 12–14 minutes, or until they are just lightly golden.
- Serve warm

Nutrition Facts

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%)