



## Savory Palmiers with Prosciutto, Parmesan & Mustard

READY IN



60 min.

SERVINGS



36

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 3 tablespoon dijon mustard
- ☐ 0.3 unknown parmesan cheese
- ☐ 8 ounce puff pastry

### Equipment

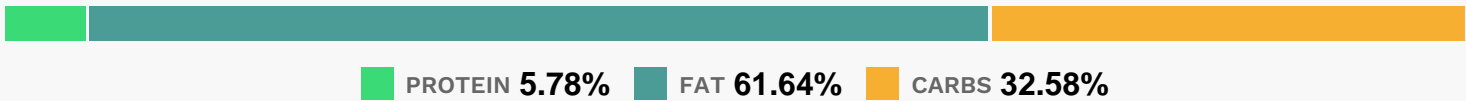
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

- ☐ plastic wrap
- ☐ rolling pin

## Directions

- ☐ Preheat the oven to 400 degrees F. On a lightly floured surface roll the puff pastry into approximately a 9 inch roughly shaped square.
- ☐ Brush the dough with the mustard leaving a ½-inch border all the way around the edges.
- ☐ Lay the prosciutto ontop slightly overlapping and maintaining the border of dough all around.
- ☐ Sprinkle the surface with the parmesan cheese.
- ☐ Place a piece of plastic wrap over the the pastry and roll slightly with a rolling pin to gently embed the ingredients. This will help the palmiers hold their shape and not separate as it bakes.
- ☐ Roll the two sides of the pastry in towards the center as tightly as possible until they meet in the middle. Wrap the roll in plastic wrap and place it in the freeze to chill and get quite firm, but not fully frozen. About 30 minutes.Line a baking sheet with parchment paper. Unwrap the roll of chilled dough and slice it crosswise into 36, ¼-inch thick slices. Arrange them on the baking sheet about 1-inch apart.
- ☐ Bake until golden brown, about 10 minutes.
- ☐ Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:3.19, Glycemic Load:1.54, Inflammation Score:-1, Nutrition Score:0.65478260709864%

## Nutrients (% of daily need)

Calories: 35.5kcal (1.78%), Fat: 2.44g (3.76%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 2.91g (0.97%), Net Carbohydrates: 2.76g (1%), Sugar: 0.06g (0.07%), Cholesterol: 0mg (0%), Sodium: 29.55mg (1.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.03%), Selenium: 1.95µg (2.79%), Vitamin B1: 0.03mg (1.83%), Manganese: 0.04mg (1.8%), Vitamin B3: 0.27mg (1.35%), Folate: 5µg (1.25%), Vitamin B2: 0.02mg (1.1%), Iron: 0.18mg (1.01%)