

Schweine Ohren (Pig's Ears)



Vegetarian



Vegan



Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

24

CALORIES

calories

162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



17.5 ounce puff pastry frozen thawed



1.5 cups sugar white

Equipment



baking sheet



baking paper

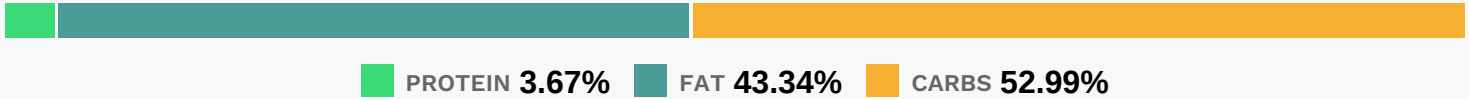


oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease a cookie sheet or line with parchment paper.
- ☐ Unroll puff pastry sheets on a dry, lightly floured surface. Sheets should be about 1/2 cm thick.
- ☐ Spread sugar liberally over the entire surface of each sheet. Tightly roll or fold up the pastry from each side of the sheet to meet in the middle. It will look like face to face snails. Slice the roll into 1 cm slices, like a loaf of bread.
- ☐ Lay out on prepared cookie sheet about 2 cm apart.
- ☐ Bake in preheated oven for 10 to 15 minutes, until golden brown.

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:13.77, Inflammation Score:-1, Nutrition Score:1.8556521923646%

Nutrients (% of daily need)

Calories: 162.03kcal (8.1%), Fat: 7.92g (12.18%), Saturated Fat: 1.99g (12.46%), Carbohydrates: 21.77g (7.26%), Net Carbohydrates: 21.46g (7.8%), Sugar: 12.63g (14.03%), Cholesterol: 0mg (0%), Sodium: 51.6mg (2.24%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.51g (3.02%), Selenium: 5.08µg (7.25%), Vitamin B1: 0.08mg (5.48%), Manganese: 0.1mg (5.07%), Vitamin B3: 0.86mg (4.31%), Folate: 16.12µg (4.03%), Vitamin B2: 0.06mg (3.58%), Vitamin K: 3.33µg (3.17%), Iron: 0.54mg (2.97%), Phosphorus: 12.4mg (1.24%), Fiber: 0.31g (1.24%), Copper: 0.02mg (1.22%)