



Smoked Trout Turnovers with Horseradish Sauce

READY IN



45 min.

SERVINGS



72

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese softened
- 1 large eggs lightly beaten
- 2 tablespoons chives fresh chopped
- 72 servings horseradish
- 1 tablespoon juice of lemon fresh
- 0.3 cup pecans toasted chopped
- 0.1 teaspoon pepper freshly ground
- 17.3 ounce puff pastry sheets frozen thawed

- 8 ounce trout smoked boneless
- 1 teaspoon water

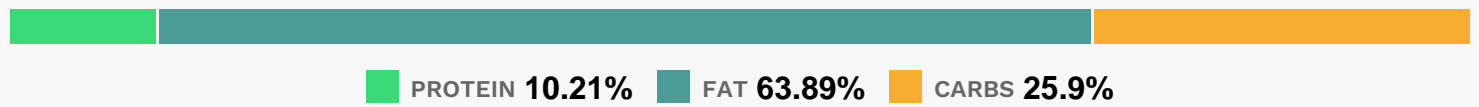
Equipment

- food processor
- baking sheet
- oven

Directions

- Combine first 4 ingredients in a food processor; pulse until combined. Stir in chives and pecans; set aside.
- Combine egg and 1 teaspoon water; set aside.
- Roll 1 sheet of pastry into a 12-inch square on a lightly floured surface.
- Cut into 36 (2-inch) squares.
- Spoon a level 1/2 teaspoon trout mixture into center of each square; brush edges of pastry with egg mixture. Fold each square of pastry into a triangle; seal edges.
- Brush tops with egg mixture.
- Place pastries on an ungreased baking sheet. Repeat procedure with remaining pastry and filling.
- Bake at 425 for 10 to 12 minutes or until puffed and golden.
- Serve with Horseradish Sauce.

Nutrition Facts



Properties

Glycemic Index:2.85, Glycemic Load:1.85, Inflammation Score:-1, Nutrition Score:1.7013043398442%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg,

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Nutrients (% of daily need)

Calories: 59.2kcal (2.96%), Fat: 4.25g (6.54%), Saturated Fat: 1.38g (8.61%), Carbohydrates: 3.88g (1.29%), Net
Carbohydrates: 3.57g (1.3%), Sugar: 0.59g (0.66%), Cholesterol: 7.59mg (2.53%), Sodium: 50.44mg (2.19%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Vitamin B12: 0.26µg (4.31%), Manganese: 0.08mg
(4.23%), Selenium: 2.68µg (3.83%), Vitamin B1: 0.04mg (2.81%), Vitamin B2: 0.04mg (2.46%), Folate: 9.38µg
(2.35%), Vitamin B3: 0.45mg (2.26%), Phosphorus: 19.21mg (1.92%), Vitamin C: 1.39mg (1.69%), Iron: 0.27mg (1.5%),
Vitamin K: 1.43µg (1.36%), Fiber: 0.31g (1.23%), Copper: 0.02mg (1.12%), Vitamin A: 51.89IU (1.04%)