



Southwestern Baby Elephant Ears

 Dairy Free

READY IN



45 min.

SERVINGS



66

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 1 tablespoon chili powder
- ☐ 1 egg yolk
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 17.3 ounce puff pastry frozen thawed
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon water

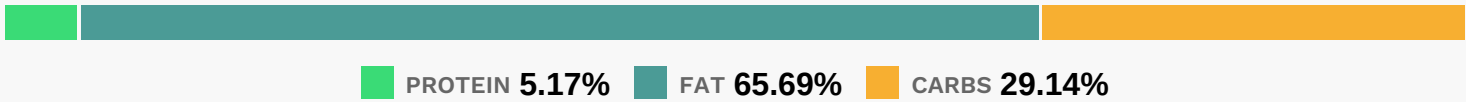
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Roll 1 pastry sheet into a 13- x11-inch rectangle. Stir together butter, and salt.
- ☐ Brush half of butter mixture over pastry.
- ☐ Sprinkle with half of chili powder and cilantro.
- ☐ Roll up pastry, jellyroll fashion, starting with each short side and ending at middle of pastry sheet. Repeat procedure with remaining pastry sheet, butter mixture, chili powder, and cilantro.
- ☐ Cut rolls crosswise into 1/3-inch-thick slices.
- ☐ Place on a lightly greased baking sheets.
- ☐ Whisk together egg yolk and 1 tablespoon water, and brush evenly over pastries.
- ☐ Bake at 375 for 10 to 15 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:1.33, Glycemic Load:1.81, Inflammation Score:-1, Nutrition Score:0.83608694706598%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 46.62kcal (2.33%), Fat: 3.42g (5.27%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 3.42g (1.14%), Net Carbohydrates: 3.26g (1.19%), Sugar: 0.07g (0.07%), Cholesterol: 2.95mg (0.98%), Sodium: 44.2mg (1.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.21%), Selenium: 1.97µg (2.82%), Vitamin B1: 0.03mg (2.02%), Manganese: 0.04mg (1.92%), Vitamin B3: 0.32mg (1.62%), Folate: 6.23µg (1.56%), Vitamin B2: 0.02mg (1.4%), Vitamin K: 1.36µg (1.3%), Vitamin A: 63.53IU (1.27%), Iron: 0.22mg (1.21%)