



Spinach and Artichokes in Puff Pastry

READY IN



45 min.

SERVINGS



48

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke hearts drained chopped canned
- ☐ 10 ounce pkt spinach frozen thawed chopped
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 cup mayonnaise
- ☐ 1 teaspoon onion powder
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 teaspoon pepper
- ☐ 17.3 ounce puff pastry frozen

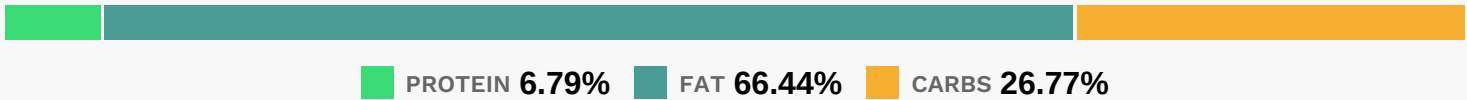
Equipment

- ☐ paper towels
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Drain spinach well, pressing between layers of paper towels.
- ☐ Stir together spinach, artichoke hearts, and next 5 ingredients.
- ☐ Thaw puff pastry at room temperature 30 minutes. Unfold pastry, and place on a lightly floured surface or heavy-duty plastic wrap.
- ☐ Spread one-half spinach mixture evenly over pastry sheet, leaving a 1/2-inch border.
- ☐ Roll up pastry, jellyroll fashion, pressing to seal seam; wrap in heavy-duty plastic wrap. Repeat procedure with remaining pastry and spinach mixture. Freeze 30 minutes; cut into 1/2-inch-thick slices. (
- ☐ Rolls may be frozen up to 3 months.)
- ☐ Bake at 400 for 20 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:2.98, Glycemic Load:2.51, Inflammation Score:-5, Nutrition Score:3.3847826081126%

Nutrients (% of daily need)

Calories: 80.57kcal (4.03%), Fat: 5.97g (9.18%), Saturated Fat: 1.42g (8.89%), Carbohydrates: 5.41g (1.8%), Net Carbohydrates: 4.94g (1.8%), Sugar: 0.2g (0.22%), Cholesterol: 1.89mg (0.63%), Sodium: 93.46mg (4.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.74%), Vitamin K: 27.47µg (26.16%), Vitamin A: 703.3IU (14.07%), Manganese: 0.1mg (4.82%), Selenium: 3.27µg (4.67%), Folate: 16.77µg (4.19%), Vitamin B1: 0.05mg (3.15%), Vitamin B2: 0.05mg (2.73%), Vitamin B3: 0.46mg (2.29%), Iron: 0.39mg (2.17%), Vitamin E: 0.31mg (2.06%), Fiber: 0.47g (1.88%), Calcium: 18.34mg (1.83%), Phosphorus: 16.54mg (1.65%), Magnesium: 6.58mg (1.65%), Copper: 0.02mg (1.09%)