



Spinach-Cheese Swirls

READY IN



75 min.

SERVINGS



20

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 eggs
- 10 ounce pkt spinach frozen thawed drained chopped well
- 0.1 teaspoon garlic powder
- 1 green onion chopped
- 0.5 cup monterrey jack cheese shredded
- 0.3 cup parmesan cheese grated
- 1 sheet puff pastry pepperidge farm®
- 1 tablespoon water

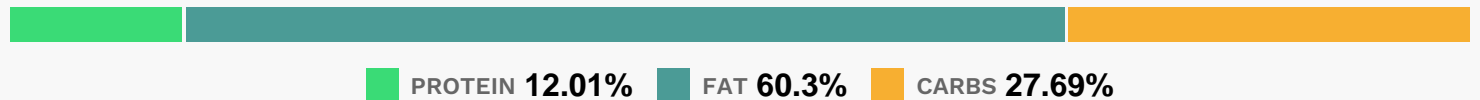
Equipment

- baking sheet
- oven

Directions

- Thaw pastry sheet at room temperature 40 minutes. Preheat oven to 400 degrees F.
- Mix egg and water. Set aside.
- Mix Muenster cheese, Parmesan cheese, onion and garlic powder.
- Unfold pastry on lightly floured surface.
- Brush with egg mixture. Top with cheese mixture and spinach. Starting at short side, roll up like a jelly roll.
- Cut into 20 (1/2 inch) slices.
- Place on baking sheet.
- Brush with egg mixture.
- Bake 15 minutes or until golden.
- Serve warm or at room temperature. Makes 20 appetizers.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:3.01, Inflammation Score:-8, Nutrition Score:6.8339129997336%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 90.81kcal (4.54%), Fat: 6.16g (9.48%), Saturated Fat: 1.99g (12.43%), Carbohydrates: 6.37g (2.12%), Net Carbohydrates: 5.76g (2.09%), Sugar: 0.22g (0.24%), Cholesterol: 11.79mg (3.93%), Sodium: 83.09mg (3.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Vitamin K: 56.04µg (53.37%), Vitamin A:

1712.65IU (34.25%), Manganese: 0.16mg (8.14%), Folate: 32.12µg (8.03%), Selenium: 5.35µg (7.64%), Vitamin B2: 0.09mg (5.43%), Calcium: 53.34mg (5.33%), Vitamin B1: 0.06mg (4.28%), Phosphorus: 39.42mg (3.94%), Iron: 0.66mg (3.64%), Magnesium: 14.2mg (3.55%), Vitamin E: 0.52mg (3.45%), Vitamin B3: 0.59mg (2.95%), Fiber: 0.61g (2.45%), Zinc: 0.31mg (2.1%), Copper: 0.04mg (1.9%), Potassium: 66.02mg (1.89%), Vitamin B6: 0.03mg (1.73%), Vitamin C: 0.89mg (1.08%)