



## Stilton Cheese Palmiers

 Vegetarian

READY IN



50 min.

SERVINGS



30

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 package puff pastry frozen thawed (17.3-ounce size) (1 sheet)
- ☐ 0.5 cup coarsely stilton cheese shredded crumbled
- ☐ 2 tablespoons spring onion finely chopped
- ☐ 1 tablespoon bell pepper red finely chopped

## Equipment

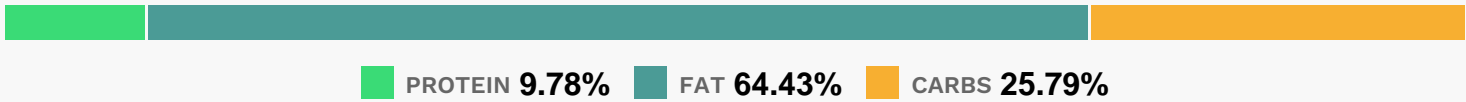
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

- ☐ plastic wrap
- ☐ aluminum foil

## Directions

- ☐ Place pastry on lightly floured surface.
- ☐ Cut lengthwise at perforations into 3 strips.
- ☐ Roll pastry slightly to smooth.
- ☐ Sprinkle each strip with cheese, onions and bell pepper.
- ☐ Mark line lengthwise down center of each strip. Tightly roll each side toward center line, leaving 1/4-inch space at center; press rolls slightly.
- ☐ Brush off any excess flour with fingers. Wrap tightly in plastic wrap. Refrigerate at least 30 minutes but no longer than 4 hours.
- ☐ Heat oven to 400°. Line cookie sheet with aluminum foil or cooking parchment paper.
- ☐ Cut rolls into 1/4-inch slices.
- ☐ Place about 2 inches apart on cookie sheet.
- ☐ Bake about 10 minutes or until light golden brown.
- ☐ Serve warm or cool.

## Nutrition Facts



## Properties

Glycemic Index:4.9, Glycemic Load:2.03, Inflammation Score:-1, Nutrition Score:1.2613043461157%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 59.13kcal (2.96%), Fat: 4.24g (6.53%), Saturated Fat: 1.53g (9.53%), Carbohydrates: 3.82g (1.27%), Net Carbohydrates: 3.68g (1.34%), Sugar: 0.1g (0.11%), Cholesterol: 2.96mg (0.99%), Sodium: 65.76mg (2.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Selenium: 2.55µg (3.64%), Vitamin B2: 0.04mg (2.28%), Vitamin B1: 0.03mg (2.27%), Calcium: 21.95mg (2.19%), Vitamin K: 2.25µg (2.15%), Manganese: 0.04mg (2.06%),

Folate: 8.19µg (2.05%), Phosphorus: 20.39mg (2.04%), Vitamin B3: 0.39mg (1.93%), Iron: 0.23mg (1.27%)