



Stuffed Puff Pastry

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



631 kcal

CRUST

Ingredients

- ☐ 1 block brie cheese
- ☐ 2 egg whites beaten for washing pastries
- ☐ 0.5 cup figs sliced into quarters
- ☐ 2 tablespoons honey
- ☐ 3 sheets puff pastry thawed
- ☐ 0.3 cup water filtered

Equipment

- ☐ frying pan

- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ stove
- ☐ pastry brush

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Put a medium saucepan on the stove over high heat.
- ☐ Put the figs, honey, and water in the pan, stir, and bring to a boil. Reduce heat, and allow the water to simmer. The honey and natural sugars from the figs should thicken the water. Continue to simmer figs until a sauce is achieved that is thick enough to cover the back of a spoon. When sauce has reached that consistency, remove from heat. Put "fig sauce" in a refrigerator-safe container, and allow cooling for at least 20 minutes.
- ☐ Spread a sheet of puff pastry out on a clean, lightly floured surface. Scoop a small amount of fig sauce on the puff pastry sheet with about 2 inches around the sauce on every side. Put a piece of Brie on top of the sauce. Carefully fold the edges of the puff pastry over the cheese. Squeeze the edges of the pastry together then carefully flip the pastry over, so the smooth surface of the pastry is facing up. Gently take the pastry and put it on a sheet tray lined with parchment paper. Repeat this until all the cheese is used. You should have 8 small stuffed pastries.
- ☐ When all the pastries are on the sheet tray, take a pastry brush, and lightly brush egg whites on the top and sides of each pastry, this will give the pastry a shine when it comes out of the oven.
- ☐ Drizzle a small amount of honey on top of each pastry.
- ☐ Bake the pastries until the puff pastry is a golden brown. This should take about 15 minutes, but keep your eyes on the baking process. When the pastries are golden brown, remove from the oven, and allow them to cool on a cooling rack. Allow them to cool for 3-5 minutes, then serve warm.

Nutrition Facts



 PROTEIN 8.52%  FAT 60.76%  CARBS 30.72%

Properties

Glycemic Index:24.53, Glycemic Load:26.19, Inflammation Score:-4, Nutrition Score:11.456086907698%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 631.39kcal (31.57%), Fat: 42.89g (65.98%), Saturated Fat: 13.78g (86.15%), Carbohydrates: 48.78g (16.26%), Net Carbohydrates: 46.97g (17.08%), Sugar: 7.58g (8.42%), Cholesterol: 28.25mg (9.42%), Sodium: 419.64mg (18.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.53g (27.05%), Selenium: 27.9µg (39.86%), Vitamin B2: 0.45mg (26.42%), Vitamin B1: 0.39mg (26.31%), Manganese: 0.48mg (24.1%), Folate: 91.32µg (22.83%), Vitamin B3: 4.01mg (20.05%), Vitamin K: 16.14µg (15.37%), Iron: 2.58mg (14.31%), Phosphorus: 111.64mg (11.16%), Zinc: 1.2mg (7.97%), Vitamin B12: 0.47µg (7.88%), Fiber: 1.82g (7.27%), Calcium: 67.4mg (6.74%), Copper: 0.13mg (6.26%), Magnesium: 23.87mg (5.97%), Vitamin B6: 0.1mg (5.2%), Potassium: 148.24mg (4.24%), Vitamin E: 0.58mg (3.87%), Vitamin A: 189.16IU (3.78%), Vitamin B5: 0.26mg (2.57%)