



Sweet Palmiers



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



64

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



4 sheets puff pastry



1.5 tablespoons sugar

Equipment



baking sheet



oven

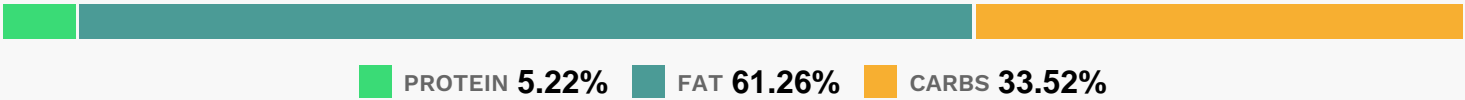


rolling pin

Directions

- ☐ Preheat oven to 400°F.
- ☐ Sprinkle some sugar on a work surface and cover it with a puff pastry square sheet. Then sprinkle more sugar evenly over pastry sheet and roll it out into a 10-inch square with a rolling pin. Fold in two opposite sides of the pastry sheet square so that they the sides meet in the center. Fold in same sides of the pastry again.
- ☐ Fold one half of the pastry over the other.
- ☐ Cut pastry crosswise into 1/2-inch-thick slices. Dip cut sides of each piece in sugar and arrange, cut side down, on an ungreased baking sheet. Repeat with three remaining pastry sheets.
- ☐ Bake palmiers in batches in middle of oven until golden on bottom, about 12 minutes. Turn over and bake until golden on bottom, 5 to 7 minutes more, then transfer to a rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:1.97, Glycemic Load:3.93, Inflammation Score:-1, Nutrition Score:1.3630434883677%

Nutrients (% of daily need)

Calories: 85.45kcal (4.27%), Fat: 5.84g (8.98%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 7.19g (2.4%), Net Carbohydrates: 6.96g (2.53%), Sugar: 0.39g (0.44%), Cholesterol: 0mg (0%), Sodium: 38.13mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.24%), Selenium: 3.71µg (5.3%), Vitamin B1: 0.06mg (4.06%), Manganese: 0.07mg (3.74%), Vitamin B3: 0.64mg (3.19%), Folate: 11.94µg (2.99%), Vitamin B2: 0.04mg (2.55%), Vitamin K: 2.47µg (2.35%), Iron: 0.39mg (2.18%)