



Tapenade Twists

READY IN



23 min.

SERVINGS



100

CALORIES



32 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 teaspoon anchovies or chopped
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 tablespoon rosemary fresh
- ☐ 1 cup kalamata olives pitted
- ☐ 0.8 cup parmesan cheese grated
- ☐ 17.3 ounce puff pastry frozen thawed

Equipment

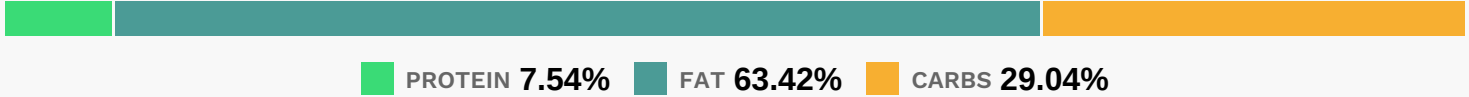
- ☐ food processor

- ☐ baking sheet
- ☐ oven
- ☐ rolling pin

Directions

- ☐ Process first 5 ingredients in a food processor until smooth. Unfold pastry sheet onto a lightly floured surface.
- ☐ Roll into a 12- x 10-inch rectangle.
- ☐ Spread olive mixture onto lengthwise half of rectangle to within 1 inch of long edge; fold pastry over filling.
- ☐ Roll gently with a rolling pin; pinch edges to seal.
- ☐ Cut crosswise into 1/2-inch strips. Twist strips; place on a greased baking sheet.
- ☐ Bake at 400 for 15 minutes.
- ☐ Place onto wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:1.26, Glycemic Load:1.2, Inflammation Score:-1, Nutrition Score:0.61608696275431%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 32.3kcal (1.62%), Fat: 2.29g (3.53%), Saturated Fat: 0.62g (3.87%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 2.24g (0.81%), Sugar: 0.04g (0.05%), Cholesterol: 0.7mg (0.23%), Sodium: 48.61mg (2.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.23%), Selenium: 1.5µg (2.15%), Vitamin B1: 0.02mg (1.34%), Manganese: 0.03mg (1.26%), Vitamin B3: 0.22mg (1.1%)