

# **Tapenade Twists**













32 kcal

## Ingredients

1	l teaspoon	anchovies or	chopped
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- 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

Daking sneet		
oven		
rolling pin		
Directions		
Process first floured surfa	5 ingredients in a food processor until smooth. Unfold pastry sheet onto a lightly ace.	
Roll into a 12	- x 10-inch rectangle.	
Spread olive over filling.	mixture onto lengthwise half of rectangle to within 1 inch of long edge; fold pastry	
Roll gently w	rith a rolling pin; pinch edges to seal.	
Cut crosswis	se into 1/2-inch strips. Twist strips; place on a greased baking sheet.	
Bake at 400	for 15 minutes.	
Place onto w	vire racks to cool.	
Nutrition Facts		
PROTEIN 7.54% FAT 63.42% CARBS 29.04%		

### **Properties**

haking sheet

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%)