



Twisty cheese straws

 Vegetarian

READY IN



35 min.

SERVINGS



24

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 100 g cream cheese
- ☐ 2 tbsp pesto fresh
- ☐ 320 g sheets puff pastry
- ☐ 1 eggs beaten

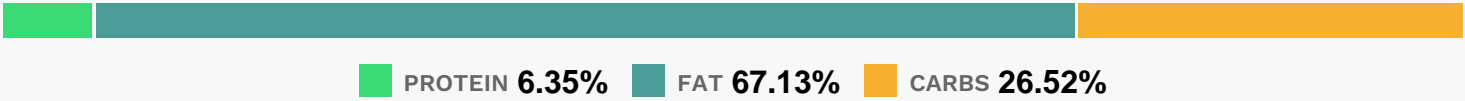
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Tip the cream cheese and pesto into a bowl and mix well.
- ☐ Unroll the pastry on a lightly floured surface and cut in half lengthways.
- ☐ Spread the pesto mix over one half, pop the other piece of pastry on top to create a sandwich, then cut in half lengthways to create 2 long rectangles. Divide each rectangle into short strips, about 1cm thick. Twist each pastry strip and place on a baking tray lined with parchment.
- ☐ Brush with egg and bake for 20–25 mins until risen and golden brown.

Nutrition Facts



Properties

Glycemic Index:3.46, Glycemic Load:3.32, Inflammation Score:-1, Nutrition Score:1.58695652757%

Nutrients (% of daily need)

Calories: 95.51kcal (4.78%), Fat: 7.15g (11%), Saturated Fat: 2.26g (14.15%), Carbohydrates: 6.36g (2.12%), Net Carbohydrates: 6.14g (2.23%), Sugar: 0.3g (0.34%), Cholesterol: 11.13mg (3.71%), Sodium: 60.57mg (2.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.04%), Selenium: 4.15µg (5.93%), Vitamin B1: 0.05mg (3.65%), Manganese: 0.07mg (3.3%), Vitamin B2: 0.06mg (3.28%), Folate: 11.64µg (2.91%), Vitamin B3: 0.56mg (2.8%), Iron: 0.39mg (2.14%), Vitamin K: 2.24µg (2.13%), Vitamin A: 91.19IU (1.82%), Phosphorus: 16.09mg (1.61%)