



Two-Tone Puff Straws

 Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



104 kcal

SIDE DISH

Ingredients

- 1.5 teaspoons coarse salt
- 1 large eggs beaten to blend
- 1 sheet puff pastry at room temperature (half of a 17.3-oz. package)
- 14 servings suya seasoning mix (recipes below)

Equipment

- bowl
- frying pan
- baking sheet

- oven
- spatula

Directions

- Unfold pastry sheet; lay flat on a lightly floured board.
- Roll into a 1/16-inch-thick rectangle (10 by 14 in.); cut in half crosswise. Lightly brush both halves with egg.
- Sprinkle one evenly with seasoning mix. Set remaining half, egg side down, over seasoned half, aligning edges. Gently roll to seal layers without enlarging rectangle.
- Cut rectangle lengthwise into 1/2-inch-wide strips.
- Brush tops lightly with more egg; save remaining egg for other uses or discard.
- Sprinkle strips evenly with salt (or sugar if using a sweet seasoning mix); with your hand, press lightly into surface of puff pastry.
- One at a time, pick up strips by both ends, twist in opposite directions, and transfer to buttered 12- by 15-inch baking sheets (you'll need two), placing strips about 1 1/2 inches apart. Press ends onto sheets.
- Bake salt-crusted straws in a 400 regular or convection oven (sugar-crusted ones at 350) until crisp and lightly browned, 8 to 13 minutes (14 to 20 minutes for sweet), switching pan positions halfway through baking.
- Let straws cool about 1 minute on sheets, then, with a wide spatula, loosen while still warm and transfer to rack (if straws stick, return pans briefly to oven to reheat).
- Serve warm or cool.
- Mexican Cheese Seasoning
 - Mix: In a small bowl, mix 1/2 cup finely shredded Mexican cheese blend or cheddar cheese, 2 teaspoons cumin seeds, and 1 teaspoon chili powder.
- Tomato-Basil Seasoning
 - Mix: In a small bowl, mix 1/4 cup grated parmesan cheese, 2 tablespoons finely chopped drained dried tomatoes in oil, 1 tablespoon minced garlic, and 1 teaspoon dried basil.
- Cinnamon-Nut Seasoning
 - Mix: In a small bowl, mix 1/3 cup finely chopped pecans, 1 tablespoon firmly packed brown sugar, and 1/2 teaspoon ground cinnamon.

Coconut-Orange Seasoning

Mix: In a small bowl, mix 1/3 cup sweetened flaked or shredded dried coconut, 1 teaspoon sugar, 1 teaspoon grated orange peel, and 1/2 teaspoon ground ginger.

Nutrition Facts

 PROTEIN **6.91%**  FAT **60.34%**  CARBS **32.75%**

Properties

Glycemic Index:4.36, Glycemic Load:4.29, Inflammation Score:-1, Nutrition Score:2.7130434486367%

Nutrients (% of daily need)

Calories: 104.18kcal (5.21%), Fat: 7.05g (10.85%), Saturated Fat: 1.81g (11.34%), Carbohydrates: 8.61g (2.87%), Net Carbohydrates: 7.92g (2.88%), Sugar: 0.18g (0.2%), Cholesterol: 13.29mg (4.43%), Sodium: 298.05mg (12.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.64%), Vitamin K: 9.05µg (8.61%), Selenium: 5.38µg (7.68%), Manganese: 0.14mg (6.85%), Iron: 0.88mg (4.89%), Vitamin B1: 0.07mg (4.86%), Folate: 17.7µg (4.42%), Vitamin B2: 0.07mg (4.18%), Vitamin B3: 0.78mg (3.89%), Fiber: 0.69g (2.75%), Vitamin E: 0.31mg (2.1%), Calcium: 19.87mg (1.99%), Phosphorus: 19.05mg (1.91%), Magnesium: 5.93mg (1.48%), Copper: 0.03mg (1.45%), Zinc: 0.17mg (1.11%), Vitamin B6: 0.02mg (1.01%)