



Wicked Dessert Puffs

 Dairy Free

READY IN



115 min.

SERVINGS



9

CALORIES



339 kcal

DESSERT

Ingredients

- 9 servings flour
- 1 eggs
- 9 peanut butter candy pieces
- 17.3 ounce puff pastry thawed pepperidge farm®
- 1 tablespoon water

Equipment

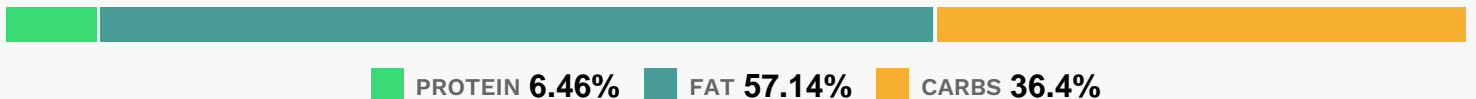
- bowl
- baking sheet

- oven
- wire rack

Directions

- Heat the oven to 400 degrees F. Beat the egg and water in a small bowl with a fork.
- Sprinkle the flour on the work surface. Unfold 1 pastry sheet on the work surface.
- Roll the pastry sheet into an 11-inch square.
- Cut into 9 (3 1/2-inch) circles. Repeat with the remaining pastry sheet. Reserve the pastry scraps to decorate the tops of the pastries, if desired.
- Brush 9 pastry circles with the egg mixture. Top each with 1 candy.
- Place the remaining pastry circles over the candies and press the edges to seal. Crimp the edges with a fork. Decorate the tops of the pastries with the reserved pastry scraps, if desired.
- Brush the pastries with the egg mixture.
- Place the pastries onto a baking sheet. Freeze for 20 minutes.
- Bake for 20 minutes or until the pastries are golden brown.
- Remove the pastries from the baking sheet and let cool on a wire rack for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:17.68, Inflammation Score:-2, Nutrition Score:6.4178261679152%

Nutrients (% of daily need)

Calories: 338.53kcal (16.93%), Fat: 21.5g (33.08%), Saturated Fat: 5.55g (34.69%), Carbohydrates: 30.81g (10.27%), Net Carbohydrates: 29.77g (10.83%), Sugar: 0.87g (0.96%), Cholesterol: 18.19mg (6.06%), Sodium: 144.42mg (6.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.94%), Selenium: 17.24µg (24.62%), Vitamin B1: 0.28mg (18.61%), Manganese: 0.33mg (16.36%), Folate: 58.97µg (14.74%), Vitamin B3: 2.77mg (13.83%), Vitamin B2: 0.22mg (12.67%), Iron: 1.83mg (10.18%), Vitamin K: 8.86µg (8.44%), Phosphorus: 52.13mg (5.21%), Fiber: 1.04g (4.18%), Copper: 0.08mg (4%), Magnesium: 11.68mg (2.92%), Zinc: 0.41mg (2.76%), Vitamin E: 0.36mg (2.39%), Potassium: 50.89mg (1.45%), Vitamin B6: 0.02mg (1.2%), Vitamin B5: 0.11mg (1.13%)