



Wild Mushroom Puff Pastry

READY IN

ready

35 min.

SERVINGS

servings

36

CALORIES

calories

105 kcal

CRUST

Ingredients

- ☐ 1 bunch thyme leaves fresh chopped
- ☐ 0.5 cup heavy cream
- ☐ 1 pound mushrooms wild assorted sliced
- ☐ 1 tablespoon olive oil
- ☐ 1 cup parmesan cheese grated
- ☐ 17.3 ounce puff pastry frozen thawed
- ☐ 2 cloves roasted garlic minced
- ☐ 36 servings salt and pepper black to taste
- ☐ 1 shallots minced

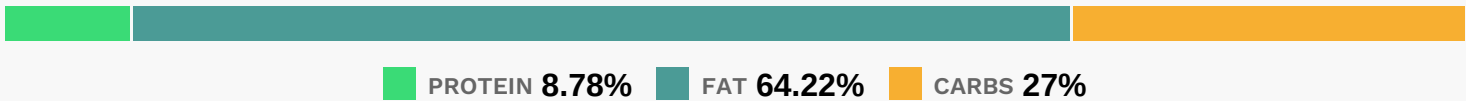
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Heat olive oil in a large skillet over medium-high heat.
- ☐ Add shallot; cook and stir until tender, about 5 minutes. Lower heat to medium-low and add mushrooms. Cook and stir until mushrooms reduce by half, about 15 minutes. Stir in roasted garlic, Parmesan cheese, and thyme. Season to taste with salt and pepper. Stir in cream.
- ☐ Remove from heat and allow mushroom mixture to cool. It will thicken as it cools.
- ☐ Unfold pastry sheet onto floured surface and lightly roll into a 12 x 15 inch square.
- ☐ Cut into eighteen 3 inch squares.
- ☐ Place a mounded teaspoon of mushroom filling in the center of each square. Fold pastry over filling to form a triangle. Pinch edges firmly together with a fork to seal.
- ☐ Bake 12 to 16 minutes, or until golden brown.
- ☐ Serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:5.36, Glycemic Load:3.46, Inflammation Score:-2, Nutrition Score:2.6265217273132%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 104.85kcal (5.24%), Fat: 7.58g (11.66%), Saturated Fat: 2.56g (16.01%), Carbohydrates: 7.17g (2.39%), Net Carbohydrates: 6.8g (2.47%), Sugar: 0.5g (0.56%), Cholesterol: 6.15mg (2.05%), Sodium: 277.88mg (12.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.66%), Selenium: 5.56µg (7.95%), Vitamin B2: 0.11mg (6.22%), Vitamin B3: 1.03mg (5.15%), Vitamin B1: 0.07mg (4.43%), Manganese: 0.08mg (4.09%), Phosphorus:

39.3mg (3.93%), Folate: 13.33µg (3.33%), Calcium: 29.61mg (2.96%), Copper: 0.06mg (2.95%), Iron: 0.46mg (2.56%), Vitamin K: 2.58µg (2.46%), Vitamin B5: 0.21mg (2.1%), Zinc: 0.27mg (1.82%), Potassium: 60.31mg (1.72%), Vitamin A: 78.08IU (1.56%), Fiber: 0.37g (1.48%), Magnesium: 4.88mg (1.22%), Vitamin B6: 0.02mg (1.21%), Vitamin E: 0.18mg (1.17%)