

Pimento Cheese Twists

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dashrecipes.com

1 sheet frozen puff pastry, thawed
1 egg, beaten
1/4 cup pimento cheese (see recipe
appetizers/ cold)

Preheat the oven to 400 degrees.

Roll out the pastry on a flour-dusted work surface into a 10x14-inch rectangle with a long end closest to you. Brush with the beaten egg. Cut in half to make two (10x7-inch) rectangles.

Spread 1/4 cup of pimento cheese evenly over one rectangle using the back of a spoon. Place the remaining rectangle on top of the cheese, egg side down (so that the cheese is sandwiched between the two pastry sheets).

Gently roll out to make even, Cut horizontally into about twenty (1/2-inch-wide) strips. Grab both ends of one strip and twist in opposite directions a few times. Transfer to a parchment-lined baking sheet and repeat.

Bake until golden brown, 12 to 15 minutes.

Let cool, uncovered, until crisp.

Per Serving (excluding unknown items): 74 Calories; 5g Fat (62.6% calories from fat); 6g Protein; trace Carbohydrate; 0g Dietary Fiber; 212mg Cholesterol; 70mg Sodium. Exchanges: 1 Lean Meat; 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	74	Vitamin B6 (mg):	.1mg
% Calories from Fat:	62.6%	Vitamin B12 (mcg):	.6mcg

% Calories from Carbohydrates: 2.2%
% Calories from Protein: 35.2%
Total Fat (g): 5g
Saturated Fat (g): 2g
Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 212mg
Carbohydrate (g): trace
Dietary Fiber (g): 0g
Protein (g): 6g
Sodium (mg): 70mg
Potassium (mg): 67mg
Calcium (mg): 26mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 244IU
Vitamin A (r.e.): 70RE

Thiamin B1 (mg): trace
Riboflavin B2 (mg): .2mg
Folacin (mcg): 24mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refined: 0.0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 74 Calories from Fat: 46

% Daily Values*

Total Fat 5g	8%
Saturated Fat 2g	8%
Cholesterol 212mg	71%
Sodium 70mg	3%
Total Carbohydrates trace	0%
Dietary Fiber 0g	0%
Protein 6g	
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Vitamin A	5%
Vitamin C	0%
Calcium	3%
Iron	5%

** Percent Daily Values are based on a 2000 calorie diet.*