

Apple Walnut Puff Pastry Cups

Pepperidge Farm

Yield: 24 pieces

1 package (24 count) Pepperidge Farm Puff Pastry Cups
1 tablespoon butter
1 Granny Smith apple, peeled and finely chopped
2 tablespoons packed brown sugar
2 tablespoons walnuts, toasted and chopped
1 teaspoon lemon juice
confectioners sugar

Preparation Time: 35 minutes

Bake: 5 minutes

Bake, cool and remove the "top" of the cups according to the package directions.

Reduce the oven temperature to 350 degrees.

Heat the butter in an eight-inch skillet over medium heat. Add the apple and brown sugar. Cook for about 3 minutes. Add the nuts and lemon juice. Cook for 1 minute. Divide the apple mixture among the cups. Place the filled cups on a baking sheet.

Bake for 3 minutes or until hot. Let cool on a wire rack for 5 minutes before serving. Sprinkle with confectioners sugar.

Per Serving (excluding unknown items): 363 Calories; 20g Fat (48.3% calories from fat); 4g Protein; 45g Carbohydrate; 3g Dietary Fiber; 31mg Cholesterol; 131mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 4 Fat; 2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	363	Vitamin B6 (mg):	.2mg
% Calories from Fat:	48.3%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	47.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	20g	Folacin (mcg):	13mcg
Saturated Fat (g):	8g	Niacin (mg):	trace
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0

Cholesterol (mg):	31mg
Carbohydrate (g):	45g
Dietary Fiber (g):	3g
Protein (g):	4g
Sodium (mg):	131mg
Potassium (mg):	353mg
Calcium (mg):	42mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	8mg
Vitamin A (i.u.):	541IU
Vitamin A (r.e.):	117 1/2RE

% Refuse: 0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	1
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	2

Nutrition Facts

Amount Per Serving

Calories 363 **Calories from Fat:** 175

% Daily Values*

Total Fat 20g	31%
Saturated Fat 8g	39%
Cholesterol 31mg	10%
Sodium 131mg	5%
Total Carbohydrates 45g	15%
Dietary Fiber 3g	14%
Protein 4g	
Vitamin A	11%
Vitamin C	14%
Calcium	4%
Iron	6%

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