



Almond Heart Napoleons

READY IN



90 min.

SERVINGS



24

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 tsp almond extract
- 1.3 cups half-and-half cold
- 3.4 oz jell-o vanilla flavor pudding french instant
- 0.5 cup powdered sugar
- 17.3 oz puff pastry frozen thawed (2 sheets)
- 1 oz baker's semi-sweet chocolate
- 2 tsp water hot

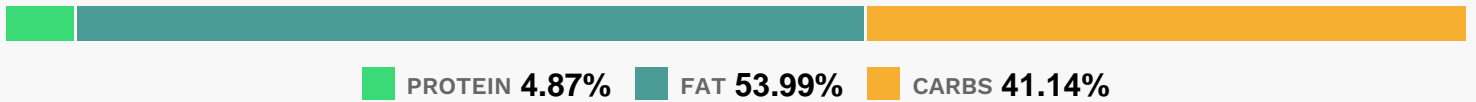
Equipment

- baking sheet
- oven
- whisk
- toothpicks
- cookie cutter

Directions

- Heat oven to 350F.
- Unfold 1 pastry sheet; cut into 12 hearts with 2-inch cookie cutter.
- Place, 2 inches apart, on baking sheet. Repeat on second baking sheet with remaining pastry sheet.
- Bake 20 min. or until golden brown. Cool 1 min. on baking sheets.
- Remove to wire racks; cool completely.
- Meanwhile, beat pudding mix, half-and-half and extract with whisk 2 min. Refrigerate until ready to use.
- Melt chocolate as directed on package. Split pastry hearts horizontally in half; fill with pudding mixture, adding about 1 Tbsp. to each.
- Mix sugar and hot water until blended; spread on tops of hearts.
- Let stand until almost set.
- Drizzle with chocolate; swirl gently with toothpick.

Nutrition Facts



Properties

Glycemic Index:2.33, Glycemic Load:4.99, Inflammation Score:-1, Nutrition Score:2.3926086937604%

Nutrients (% of daily need)

Calories: 161.15kcal (8.06%), Fat: 9.7g (14.93%), Saturated Fat: 3.12g (19.5%), Carbohydrates: 16.64g (5.55%), Net Carbohydrates: 16.21g (5.9%), Sugar: 6.75g (7.5%), Cholesterol: 4.48mg (1.49%), Sodium: 84.27mg (3.66%), Alcohol: 0.03g (100%), Alcohol %: 0.09% (100%), Protein: 1.97g (3.94%), Selenium: 5.5µg (7.86%), Manganese: 0.12mg

(5.81%), Vitamin B1: 0.09mg (5.7%), Vitamin B2: 0.08mg (4.94%), Vitamin B3: 0.88mg (4.38%), Folate: 16.32µg (4.08%), Iron: 0.61mg (3.38%), Vitamin K: 3.54µg (3.37%), Phosphorus: 27.39mg (2.74%), Copper: 0.04mg (2.02%), Fiber: 0.43g (1.7%), Magnesium: 6.62mg (1.66%), Calcium: 16.51mg (1.65%), Zinc: 0.19mg (1.27%), Potassium: 36.78mg (1.05%)