



## Apple-Blueberry Cream Puff Sundaes

 Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



242 kcal

### Ingredients

- 24 ounce escalloped apples frozen
- 2 cups blueberries fresh thawed
- 6 tablespoons butter
- 3 large eggs
- 0.8 cup flour all-purpose
- 1 tablespoon juice of lemon
- 7 servings garnish: mint sprigs fresh
- 0.3 teaspoon salt
- 1 half-gallon vanilla ice cream

0.8 cup water

## Equipment

frying pan

baking sheet

sauce pan

oven

wooden spoon

microwave

## Directions

Bring 3/4 cup water and butter to a boil in a large saucepan; reduce heat to low.

Add flour and salt; beat with a wooden spoon until mixture leaves sides of pan.

Remove from heat; cool slightly.

Add eggs, 1 at a time, beating until smooth. Drop batter by 2 rounded tablespoonfuls 3 inches apart on lightly greased baking sheets.

Bake at 450 for 10 minutes; reduce temperature to 325, and bake 15 more minutes or until golden.

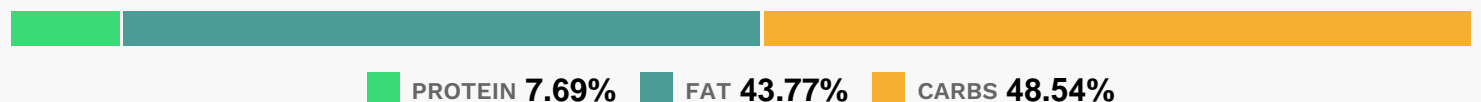
Pierce cream puffs with a fork to let steam escape, and cool.

Thaw escalloped apples in microwave at MEDIUM (50% power) 6 to 7 minutes. Stir together apples, blueberries, and lemon juice.

Split cream puffs in half; fill with ice cream, top with apple mixture, and replace pastry top.

Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:29.71, Glycemic Load:13.01, Inflammation Score:-6, Nutrition Score:7.7069564902264%

## Flavonoids

Cyanidin: 5.1mg, Cyanidin: 5.1mg, Cyanidin: 5.1mg, Cyanidin: 5.1mg Petunidin: 13.33mg, Petunidin: 13.33mg, Petunidin: 13.33mg, Petunidin: 13.33mg Delphinidin: 14.98mg, Delphinidin: 14.98mg, Delphinidin: 14.98mg, Delphinidin: 14.98mg Malvidin: 28.58mg, Malvidin: 28.58mg, Malvidin: 28.58mg, Malvidin: 28.58mg Peonidin: 8.6mg, Peonidin: 8.6mg, Peonidin: 8.6mg, Peonidin: 8.6mg Catechin: 3.5mg, Catechin: 3.5mg, Catechin: 3.5mg, Catechin: 3.5mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 7.58mg, Epicatechin: 7.58mg, Epicatechin: 7.58mg, Epicatechin: 7.58mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

## Nutrients (% of daily need)

Calories: 241.79kcal (12.09%), Fat: 12.16g (18.71%), Saturated Fat: 2.75g (17.17%), Carbohydrates: 30.36g (10.12%), Net Carbohydrates: 26.56g (9.66%), Sugar: 14.52g (16.13%), Cholesterol: 79.78mg (26.59%), Sodium: 230.02mg (10%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.61%), Selenium: 11.17µg (15.95%), Fiber: 3.8g (15.19%), Manganese: 0.29mg (14.28%), Vitamin A: 663.49IU (13.27%), Vitamin B2: 0.21mg (12.62%), Vitamin C: 9.74mg (11.81%), Folate: 41.73µg (10.43%), Vitamin K: 10.4µg (9.91%), Vitamin B1: 0.15mg (9.9%), Phosphorus: 76.47mg (7.65%), Iron: 1.28mg (7.14%), Vitamin E: 1.02mg (6.83%), Potassium: 193.7mg (5.53%), Vitamin B3: 1.09mg (5.47%), Vitamin B6: 0.11mg (5.38%), Vitamin B5: 0.52mg (5.16%), Copper: 0.09mg (4.64%), Magnesium: 14.48mg (3.62%), Vitamin B12: 0.2µg (3.39%), Zinc: 0.49mg (3.28%), Calcium: 29.53mg (2.95%), Vitamin D: 0.43µg (2.86%)