



Apple Pie Napoleon

READY IN



45 min.

SERVINGS



6

CALORIES



448 kcal

DESSERT

Ingredients

- ☐ 1 crumb top apple pie uncooked
- ☐ 2 teaspoons cinnamon sugar
- ☐ 4 ounces cream cheese softened
- ☐ 4 tablespoons caramel creme liqueur
- ☐ 0.8 cup powdered sugar sifted
- ☐ 1 sheet puff pastry frozen
- ☐ 2 cups non-dairy whipped topping

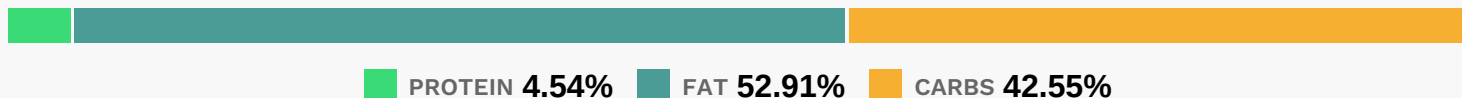
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Bake apple pie per package instructions.
- ☐ Let cool. Once cooled, break up pie with a fork.
- ☐ Thaw puff pastry sheet at room temperature for 30 minutes.
- ☐ Preheat oven to 400 degrees F.
- ☐ Unfold puff pastry sheet on a lightly floured surface.
- ☐ Cut into 3 strips along the fold marks.
- ☐ Place strips 2-inches apart on a baking sheet.
- ☐ Bake for 15 minutes, or until golden.
- ☐ Remove from baking sheet and cool on a wire rack.
- ☐ In a small bowl combine whipped topping and cinnamon sugar. Set aside.
- ☐ In a small mixing bowl, beat on low speed with an electric mixer the cream cheese and powdered sugar until light and fluffy.
- ☐ Add caramel creme liqueur and beat until smooth.
- ☐ Place one baked puff pastry sheet on a platter. With the back of a fork, gently push down center of the pastry creating a trough for filling. Spoon in some broken-up apple pie, and then layer with 1 cup of whipped topping mixture. Repeat with next layer. Top with baked pastry sheet.
- ☐ Drizzle with glaze and serve.

Nutrition Facts



Properties

Glycemic Index:25.52, Glycemic Load:11.18, Inflammation Score:-3, Nutrition Score:5.1552174164225%

Nutrients (% of daily need)

Calories: 448.29kcal (22.41%), Fat: 25.39g (39.06%), Saturated Fat: 10.59g (66.2%), Carbohydrates: 45.93g (15.31%), Net Carbohydrates: 45.3g (16.47%), Sugar: 27.09g (30.1%), Cholesterol: 19.59mg (6.53%), Sodium: 179.92mg (7.82%), Alcohol: 2.98g (100%), Alcohol %: 3.4% (100%), Protein: 4.9g (9.81%), Selenium: 12.26µg (17.52%), Manganese: 0.23mg (11.62%), Vitamin B1: 0.17mg (11.47%), Vitamin B2: 0.18mg (10.87%), Vitamin B3: 1.75mg (8.74%), Folate: 34.34µg (8.59%), Vitamin K: 7.82µg (7.45%), Phosphorus: 63.42mg (6.34%), Iron: 1.14mg (6.34%), Vitamin A: 273.17IU (5.46%), Calcium: 41.47mg (4.15%), Vitamin E: 0.51mg (3.41%), Copper: 0.06mg (3.12%), Fiber: 0.64g (2.55%), Magnesium: 10.21mg (2.55%), Zinc: 0.35mg (2.3%), Potassium: 76.54mg (2.19%), Vitamin B12: 0.09µg (1.53%), Vitamin B6: 0.02mg (1.24%), Vitamin B5: 0.11mg (1.08%)