



Apricot and Chocolate Pastry Pillows

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



492 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons apricot preserves
- ☐ 0.5 cup apricot dried
- ☐ 1 large eggs beaten
- ☐ 1 tablespoon ground coffee finely
- ☐ 1 pint whipped cream
- ☐ 0.5 pound sheets puff pastry frozen ()
- ☐ 3 tablespoons semi chocolate chips
- ☐ 3 tablespoons sugar

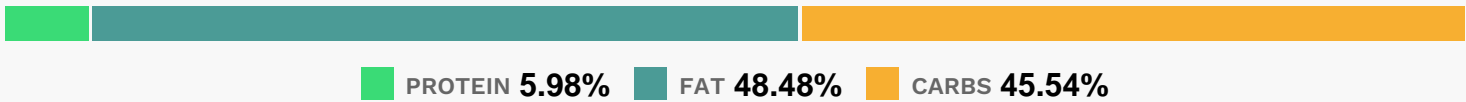
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 400 F. In a small saucepan, combine the apricots and 1/2 cup of water and bring to a boil.
- ☐ Remove from heat, cover, and let stand 5 minutes.
- ☐ Remove the apricots from the water, let cool, and coarsely chop. On a lightly floured surface, cut the sheet of puff pastry lengthwise into thirds, and cut each third in half (for six 4-by-6-inch pieces).
- ☐ Place 1 teaspoon of the preserves in the lower center of each piece of dough. Top with the chocolate chips and chopped apricots.
- ☐ Brush the edge of each pastry with egg and fold the pastry over the filling, pressing the edges together. Using the tines of a fork, seal the packets securely and brush the tops with the remaining egg.
- ☐ Sprinkle each with 1 teaspoon of sugar.
- ☐ Place the pastries on a cookie sheet lightly coated with vegetable cooking spray and bake 25 to 30 minutes, or until golden brown. In a small bowl, combine the ground coffee with the remaining sugar.
- ☐ Serve the Pastry Pillows warm or at room temperature with the ice cream sprinkled with coffee sugar.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:26.43, Inflammation Score:-6, Nutrition Score:9.7621739999108%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 492.2kcal (24.61%), Fat: 26.83g (41.28%), Saturated Fat: 10.92g (68.22%), Carbohydrates: 56.7g (18.9%), Net Carbohydrates: 54.17g (19.7%), Sugar: 34.45g (38.28%), Cholesterol: 66.15mg (22.05%), Sodium: 173.6mg (7.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.12mg (2.71%), Protein: 7.44g (14.88%), Vitamin B2: 0.35mg (20.51%), Selenium: 14.16µg (20.23%), Manganese: 0.32mg (16.04%), Vitamin A: 785.24IU (15.7%), Phosphorus: 149.38mg (14.94%), Vitamin B1: 0.19mg (12.68%), Calcium: 121.39mg (12.14%), Iron: 1.98mg (11.01%), Potassium: 364.94mg (10.43%), Copper: 0.21mg (10.25%), Fiber: 2.53g (10.12%), Vitamin B3: 2.02mg (10.1%), Folate: 38.49µg (9.62%), Magnesium: 35.02mg (8.76%), Zinc: 1.1mg (7.32%), Vitamin E: 1.05mg (7%), Vitamin K: 7.22µg (6.88%), Vitamin B5: 0.67mg (6.66%), Vitamin B12: 0.4µg (6.59%), Vitamin B6: 0.08mg (3.97%), Vitamin D: 0.32µg (2.16%), Vitamin C: 1.17mg (1.42%)