



WHATSheATE



Berry Puffs with Orange Muscat Cream



Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



327 kcal

SIDE DISH

Ingredients

- ☐ 1 cup blackberries
- ☐ 1 tablespoon powdered sugar
- ☐ 1.5 teaspoons cornstarch
- ☐ 6 tablespoons cup heavy whipping cream chilled
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 0.3 teaspoon orange zest fresh finely grated
- ☐ 1 puff pastry frozen thawed
- ☐ 1 cup raspberries

- ☐ 3 tablespoons sugar
- ☐ 2 tablespoons water

Equipment

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

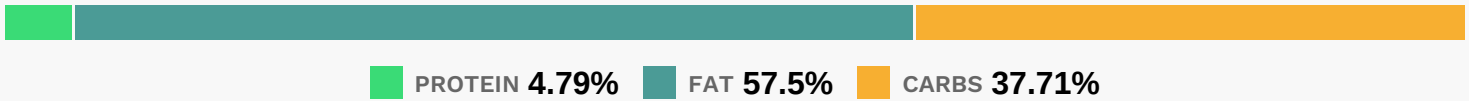
Directions

- ☐ Preheat oven to 425°F.
- ☐ Unfold pastry sheet, then turn over (to prevent creases from splitting during baking).
- ☐ Cut 6 (4 1/2-inch) triangles from sheet with a long sharp knife and a ruler.
- ☐ Arrange triangles on a greased baking sheet and lightly prick centers a few times with a fork.
- ☐ Bake in middle of oven until puffed and golden brown, 15 to 18 minutes.
- ☐ Transfer to a rack and cool.
- ☐ Stir together cornstarch, water, and lemon juice in a small saucepan.
- ☐ Add berries and sugar and simmer over moderately high heat, stirring and breaking up berries, until thickened, 3 to 4 minutes. Force purée through a fine sieve into a bowl, pressing hard on solids, then cool purée at room temperature.
- ☐ Boil wine in another small saucepan until reduced to about 1 tablespoon, 10 to 12 minutes, then cool.
- ☐ Beat cream with confectioners sugar and zest in a bowl until it just holds stiff peaks. Fold wine into cream until just incorporated, then chill.
- ☐ Split each pastry triangle in half horizontally and make a sandwich with about 1 1/2 tablespoons cream.
- ☐ Spread 1 teaspoon purée on top of each pastry, leaving a 1/4-inch border (there will be purée left over). Decoratively arrange some raspberries and blackberries on top and sift some

confectioners sugar over berries.

- ☐
- Berry purée can be made 2 days ahead and chilled, covered.Orange Muscat cream can be made 8 hours ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:29.52, Glycemic Load:14.7, Inflammation Score:-4, Nutrition Score:7.2365216755349%

Flavonoids

Cyanidin: 33.14mg, Cyanidin: 33.14mg, Cyanidin: 33.14mg, Cyanidin: 33.14mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 9.16mg, Catechin: 9.16mg, Catechin: 9.16mg, Catechin: 9.16mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 327.08kcal (16.35%), Fat: 21.24g (32.68%), Saturated Fat: 7.39g (46.22%), Carbohydrates: 31.34g (10.45%), Net Carbohydrates: 28.14g (10.23%), Sugar: 10.1g (11.22%), Cholesterol: 16.95mg (5.65%), Sodium: 106.55mg (4.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.97%), Manganese: 0.49mg (24.45%), Selenium: 10.53µg (15.04%), Vitamin C: 10.64mg (12.9%), Fiber: 3.2g (12.8%), Vitamin K: 13.37µg (12.73%), Vitamin B1: 0.18mg (11.79%), Folate: 42.76µg (10.69%), Vitamin B3: 1.99mg (9.94%), Vitamin B2: 0.16mg (9.36%), Iron: 1.35mg (7.52%), Vitamin A: 279.24IU (5.58%), Vitamin E: 0.81mg (5.43%), Copper: 0.11mg (5.38%), Phosphorus: 44.4mg (4.44%), Magnesium: 16.89mg (4.22%), Potassium: 109.01mg (3.11%), Zinc: 0.47mg (3.1%), Calcium: 26.34mg (2.63%), Vitamin B5: 0.17mg (1.71%), Vitamin B6: 0.03mg (1.62%), Vitamin D: 0.24µg (1.6%)