



Berry Puffs with Orange Muscat Cream

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



370 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

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
- ☐ 0.7 cup vin santo

Equipment

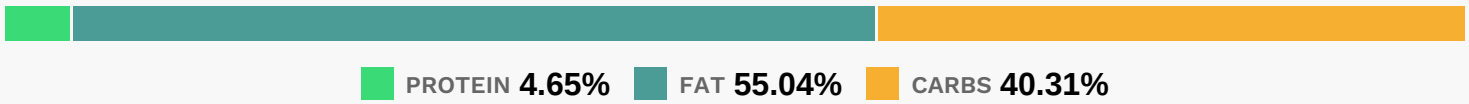
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ sieve

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:-5, Nutrition Score:7.4804347559162%

Flavonoids

Cyanidin: 33.14mg, Cyanidin: 33.14mg, Cyanidin: 33.14mg, Cyanidin: 33.14mg Petunidin: 1.83mg, Petunidin: 1.83mg, Petunidin: 1.83mg, Petunidin: 1.83mg Delphinidin: 1.3mg, Delphinidin: 1.3mg, Delphinidin: 1.3mg, Delphinidin: 1.3mg Malvidin: 25.31mg, Malvidin: 25.31mg, Malvidin: 25.31mg, Malvidin: 25.31mg Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg Peonidin: 1.12mg, Peonidin: 1.12mg, Peonidin: 1.12mg, Peonidin: 1.12mg Catechin: 11.79mg, Catechin: 11.79mg, Catechin: 11.79mg, Catechin: 11.79mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin: 3.84mg 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: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 369.74kcal (18.49%), Fat: 21.24g (32.68%), Saturated Fat: 7.39g (46.22%), Carbohydrates: 34.99g (11.66%), Net Carbohydrates: 31.8g (11.56%), Sugar: 12.17g (13.53%), Cholesterol: 16.95mg (5.65%), Sodium: 108.95mg (4.74%), Alcohol: 4.08g (100%), Alcohol %: 3.7% (100%), Protein: 4.04g (8.08%), Manganese: 0.52mg (26.04%), Selenium: 10.66µg (15.23%), Vitamin C: 10.64mg (12.9%), Fiber: 3.2g (12.8%), Vitamin K: 13.37µg (12.73%), Vitamin B1: 0.18mg (12.11%), Folate: 42.76µg (10.69%), Vitamin B3: 2.04mg (10.22%), Vitamin B2: 0.16mg (9.64%), Iron: 1.42mg (7.88%), Copper: 0.12mg (5.98%), Vitamin A: 279.24IU (5.58%), Vitamin E: 0.81mg (5.43%), Magnesium: 19.29mg (4.82%), Phosphorus: 46.8mg (4.68%), Potassium: 133.54mg (3.82%), Zinc: 0.48mg (3.23%), Calcium: 28.47mg (2.85%), Vitamin B5: 0.18mg (1.8%), Vitamin B6: 0.03mg (1.62%), Vitamin D: 0.24µg (1.6%)