



 **14%**  
HEALTH SCORE

## Berry & Ricotta Danishes

READY IN



45 min.

SERVINGS



5

CALORIES



1029 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 5 servings glaze
- 5 servings poached berries
- 0.5 cup blueberries washed
- 1 egg yolk
- 5 servings puff pastry
- 2 tablespoons flour all-purpose
- 4 tablespoons powdered sugar
- 3 tablespoons juice of lemon fresh
- 0.5 teaspoon lemon zest

- 3 sheets puff pastry store-bought
- 1 cup ricotta cheese
- 12 strawberries washed hulled halved
- 0.3 cup sugar (berry)
- 2 tablespoons sugar
- 1 teaspoon vanilla extract
- 0.1 cup water

## Equipment

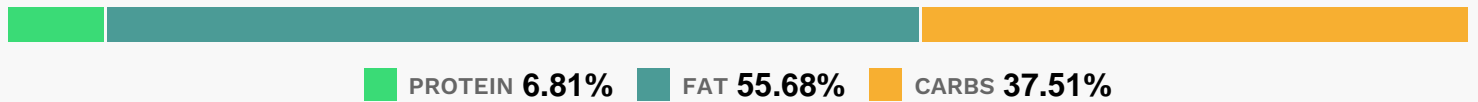
- bowl
- baking sheet
- sauce pan
- oven
- knife
- mixing bowl
- wire rack
- wooden spoon

## Directions

- Place the berries in a saucepan over a medium-low heat.
- Sprinkle on castor sugar and add water. Cover saucepan with a lid and shake the saucepan around to coat the berries. Poach berries for about 5 minutes or until they soften but still retain their shape. Set aside to cool.Pre-heat the oven to 180C (350F).Make the ricotta filling by combining all ingredients in a mixing bowl.
- Mix well with a wooden spoon to thoroughly combine. Set aside.Prepare the glaze by mixing icing sugar and lemon juice together in a small bowl.
- Mix well and set aside.
- Remove the pastry from the refrigerator and place sheets on a clean, dry surface. Use a small, sharp knife to cut 10 8cm x 6cm (3" x 2.5") rectangles.

- Place 5 of the pastry rectangles on the lined baking sheet, making sure there is space in between them as they will expand. Lightly brush edges with a little water. We will call these the "pastry rectangle bases".
- Cut smaller rectangles out of the remaining 5 pastry rectangles so that you have small frames of about 1.5cm (1/2") in width.
- Place the frames on top of the pastry bases on the baking sheet. See the diagram below. Fill the middle of the frame with about 3–4 tablespoons of ricotta mixture. Top with several berries (reserve some for topping once the danishes are baked). Repeat process with remaining pastry frames.
- Place in the oven and bake for 15 to 18 minutes or until the pastry puffs up and is golden.
- Remove from oven and cool on a wire rack. Top with remaining poached berries and sprinkle on a little icing sugar just before serving.

## Nutrition Facts



### Properties

Glycemic Index: 86.84, Glycemic Load: 49.9, Inflammation Score: -6, Nutrition Score: 19.249565217391%

### Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Petunidin: 4.88mg, Petunidin: 4.88mg, Petunidin: 4.88mg, Petunidin: 4.88mg Delphinidin: 5.55mg, Delphinidin: 5.55mg, Delphinidin: 5.55mg, Delphinidin: 5.55mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 3.02mg, Peonidin: 3.02mg, Peonidin: 3.02mg, Peonidin: 3.02mg Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

### Taste

Sweetness: 52.92%, Saltiness: 23.1%, Sourness: 42.65%, Bitterness: 21.89%, Savoriness: 4.74%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 1028.71kcal (51.44%), Fat: 64.02g (98.49%), Saturated Fat: 18.75g (117.17%), Carbohydrates: 97.04g (32.35%), Net Carbohydrates: 93.73g (34.08%), Sugar: 25.59g (28.43%), Cholesterol: 64.18mg (21.39%), Sodium: 413.16mg (17.96%), Alcohol: 0.28g (1.53%), Protein: 17.61g (35.23%), Selenium: 46.31µg (66.16%), Manganese: 0.91mg (45.69%), Vitamin B1: 0.64mg (42.7%), Folate: 141.83µg (35.46%), Vitamin B2: 0.57mg (33.44%), Vitamin B3: 6.59mg (32.94%), Vitamin C: 22.14mg (26.83%), Vitamin K: 28.06µg (26.73%), Iron: 4.4mg (24.43%), Phosphorus: 194.04mg (19.4%), Fiber: 3.31g (13.23%), Calcium: 129.43mg (12.94%), Copper: 0.21mg (10.67%), Zinc: 1.54mg (10.25%), Magnesium: 35.38mg (8.85%), Vitamin E: 1.14mg (7.57%), Potassium: 216.69mg (6.19%), Vitamin A: 286.66IU (5.73%), Vitamin B6: 0.09mg (4.64%), Vitamin B12: 0.24µg (3.98%), Vitamin B5: 0.29mg (2.95%), Vitamin D: 0.29µg (1.96%)