



Bittersweet Pastries with Raspberry Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cacao bittersweet chocolate baking chips 60% ghirardelli®
- ☐ 2 tablespoons light-color corn syrup
- ☐ 1 large eggs
- ☐ 24 servings powdered sugar
- ☐ 17.5 ounce puff pastry frozen thawed (2 sheets)
- ☐ 2 cups raspberries fresh red
- ☐ 1 tablespoon water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ sieve
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ For the raspberry sauce, thaw raspberries, if frozen. Do not drain.
- ☐ Place raspberries in a blender or food processor. Cover and blend or process until smooth. Press berries through a fine-mesh sieve; discard seeds. Stir in 2 tablespoons of corn syrup. Cover and chill until serving time.
- ☐ Preheat oven to 400 degrees F. Line a large baking sheet with parchment paper or foil; set aside. In a small bowl, beat together egg and water; set aside.
- ☐ Unfold 1 puff pastry sheet on a lightly floured surface.
- ☐ Roll to a 12-inch square.
- ☐ Cut into twelve 3x4-inch rectangles.
- ☐ Place about 1 teaspoon of Ghirardelli® 60% Cacao Bittersweet Chocolate Baking Chips in the center of each rectangle, leaving a 1-inch border around the edge.
- ☐ Brush edges of squares with egg mixture. Fold each to form a 3x2-inch rectangle. Crimp edges with a fork to seal. Repeat process with remaining puff pastry sheet.
- ☐ Prick tops with a fork.
- ☐ Transfer to the prepared baking sheet.
- ☐ Brush with egg mixture.
- ☐ Bake for 12 to 15 minutes or until golden. Cool slightly on wire racks. Dust tops of pastries with powdered sugar. Enjoy warm raspberry sauce.

Nutrition Facts



Properties

Glycemic Index:4.21, Glycemic Load:5.46, Inflammation Score:-1, Nutrition Score:3.0365217172581%

Flavonoids

Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 178.64kcal (8.93%), Fat: 9.32g (14.34%), Saturated Fat: 3.15g (19.67%), Carbohydrates: 22.03g (7.34%), Net Carbohydrates: 20.93g (7.61%), Sugar: 11.11g (12.35%), Cholesterol: 7.79mg (2.6%), Sodium: 59.87mg (2.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.39%), Manganese: 0.17mg (8.7%), Selenium: 5.92µg (8.45%), Vitamin B1: 0.09mg (6.08%), Folate: 19.99µg (5%), Vitamin B3: 0.96mg (4.81%), Vitamin B2: 0.08mg (4.71%), Fiber: 1.1g (4.41%), Vitamin K: 4.4µg (4.19%), Iron: 0.69mg (3.82%), Vitamin C: 2.64mg (3.2%), Phosphorus: 24.15mg (2.42%), Zinc: 0.32mg (2.13%), Copper: 0.04mg (2.08%), Vitamin E: 0.28mg (1.86%), Magnesium: 7.13mg (1.78%), Calcium: 17.43mg (1.74%), Potassium: 54.5mg (1.56%)