



Brandy-Caramel Ice-cream Puffs

READY IN



10 min.

SERVINGS



6

CALORIES



719 kcal

SIDE DISH

Ingredients

- ☐ 6 servings brandy-caramel sauce
- ☐ 10 oz ready-to-bake puff pastry shells frozen
- ☐ 6 servings garnishes: strawberries fresh whole
- ☐ 1 qt whipped cream

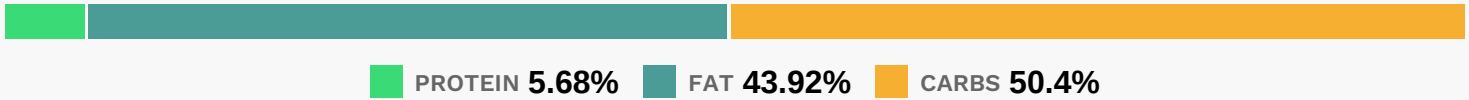
Equipment

- ☐ oven

Directions

- ☐ Bake puff pastry shells according to package directions.
- ☐ Remove tops according to package directions after baking. Top each shell evenly with ice cream, and drizzle with warm Brandy–Caramel Sauce.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used Pepperidge Farm Puff Pastry Shells.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:36.84, Inflammation Score:-7, Nutrition Score:19.123913101528%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3–gallate: 0.22mg, Epicatechin 3–gallate: 0.22mg, Epicatechin 3–gallate: 0.22mg, Epicatechin 3–gallate: 0.22mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 719.31kcal (35.97%), Fat: 35.78g (55.05%), Saturated Fat: 15.29g (95.55%), Carbohydrates: 92.39g (30.8%), Net Carbohydrates: 87.7g (31.89%), Sugar: 63.63g (70.7%), Cholesterol: 69.4mg (23.13%), Sodium: 381.67mg (16.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.42g (20.84%), Vitamin C: 85.82mg (104.02%), Manganese: 0.82mg (40.95%), Vitamin B2: 0.54mg (32%), Calcium: 249.25mg (24.93%), Phosphorus: 244.12mg (24.41%), Selenium: 15.37µg (21.96%), Folate: 80.1µg (20.03%), Vitamin B1: 0.29mg (19.15%), Fiber: 4.69g (18.77%), Potassium: 589.42mg (16.84%), Vitamin A: 717.78IU (14.36%), Vitamin B3: 2.71mg (13.54%), Magnesium: 50.36mg (12.59%), Vitamin B5: 1.16mg (11.6%), Vitamin B12: 0.69µg (11.45%), Iron: 1.94mg (10.79%), Vitamin K: 11.25µg (10.71%), Zinc: 1.54mg (10.27%), Copper: 0.16mg (7.96%), Vitamin E: 1.17mg (7.77%), Vitamin B6: 0.15mg (7.67%), Vitamin D: 0.32µg (2.1%)