



Caramel Apple Coopers

READY IN



35 min.

SERVINGS



36

CALORIES



65 kcal

DESSERT

Ingredients

- ☐ 200 g philadelphia cheese soft
- ☐ 0.5 caramel condensed milk canned tinned
- ☐ 1 large eggs
- ☐ 1 large egg yolk
- ☐ 25 g ground almonds
- ☐ 36 servings enough icing sugar to dust pastries
- ☐ 1 packet puff pastry
- ☐ 1 apples red quartered cut into thins slices
- ☐ 40 g caster sugar

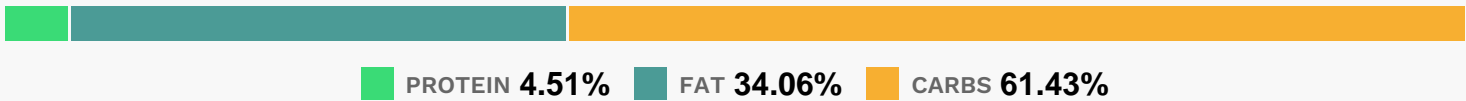
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ pastry cutter

Directions

- ☐ Take the pastry out of the fridge about 20 minutes before you start.
- ☐ Pre-heat the oven to 200c/180c fan/gas mark 6/400f.
- ☐ Roll half the pastry out to a square of about 28cm on a floured board.
- ☐ Cut out circles with a 8 cm pastry cutter. Be careful not to twist as you remove the cutter. Try for a sharp tap, as they will go a bit awry if they are twisted. Do the same with the rest of the pastry.
- ☐ Place the circles on a prepared baking tray, leaving a little room between them.
- ☐ Dot a meagre ½ teaspoon of caramel in the centre of each pastry.
- ☐ In a bowl mix together the Philadelphia cheese with the sugar and ground almonds.
- ☐ In a separate bowl, whisk up the egg and egg yolk then mix into the cheese mixture until well combined.
- ☐ Dollop a spoonful of mixture over each pastry, covering the caramel and soothing out, but don't take it quite to the edge.1
- ☐ Pop in the oven for 20-25 minutes until the pastry starts to turn a little golden.1
- ☐ Put on a wire rack to cool. Once cool, dust with icing sugar. 1
- ☐ Say you will just have one, but be prepared to eat at least 4, if not more.

Nutrition Facts



Properties

Glycemic Index:6.84, Glycemic Load:1.05, Inflammation Score:-1, Nutrition Score:0.5952173942781%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 65.1kcal (3.25%), Fat: 2.54g (3.9%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 10.29g (3.43%), Net Carbohydrates: 10.09g (3.67%), Sugar: 9.71g (10.79%), Cholesterol: 15.88mg (5.29%), Sodium: 19.95mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.51%), Vitamin A: 91.69IU (1.83%), Selenium: 1.23µg (1.76%), Vitamin B2: 0.02mg (1.46%), Phosphorus: 11.14mg (1.11%)