



Caramel-Apple Napoleons

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



535 kcal

SIDE DISH

Ingredients

- ☐ 24 ounce stouffer's escalloped apples
- ☐ 1.5 teaspoons juice of lemon
- ☐ 0.3 cup pecans toasted chopped
- ☐ 17.3 ounce puff pastry sheets frozen thawed
- ☐ 1 cup sugar
- ☐ 0.3 cup water
- ☐ 1 cup whipping cream

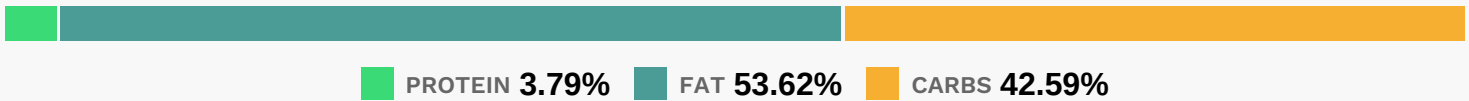
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ microwave

Directions

- ☐ Unfold 1 pastry sheet, and cut into 9 (3 1/3-inch) squares.
- ☐ Place on an ungreased baking sheet.
- ☐ Bake at 400 for 10 to 13 minutes; set aside.
- ☐ Thaw escalloped apples in microwave at MEDIUM (50% power) for 6 to 7 minutes.
- ☐ Let stand 2 minutes. Set aside.
- ☐ Heat whipping cream in a medium saucepan over low heat; remove cream from heat.
- ☐ Cook sugar, 1/4 cup water, and lemon juice over medium heat, stirring occasionally, about 15 minutes or until mixture turns an amber color. Gradually pour sugar mixture into whipping cream, stirring constantly. Cook over medium heat 5 to 7 minutes.
- ☐ Split each pastry square horizon-tally in half.
- ☐ Layer bottom halves evenly with 2 tablespoons escalloped apples. Spoon half of caramel sauce evenly over halves, and sprinkle evenly with half of pecans. Repeat procedure.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.68, Glycemic Load:31.55, Inflammation Score:-5, Nutrition Score:7.8891303772512%

Flavonoids

Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 5.72mg, Epicatechin: 5.72mg, Epicatechin: 5.72mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg,

Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 535.28kcal (26.76%), Fat: 32.63g (50.2%), Saturated Fat: 11.53g (72.07%), Carbohydrates: 58.3g (19.43%), Net Carbohydrates: 55.38g (20.14%), Sugar: 31.36g (34.84%), Cholesterol: 29.88mg (9.96%), Sodium: 143.75mg (6.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.19g (10.39%), Manganese: 0.43mg (21.46%), Selenium: 14.19µg (20.27%), Vitamin B1: 0.25mg (16.97%), Vitamin B2: 0.23mg (13.61%), Vitamin B3: 2.39mg (11.93%), Fiber: 2.92g (11.69%), Folate: 46.54µg (11.64%), Vitamin K: 11.36µg (10.82%), Iron: 1.6mg (8.87%), Vitamin A: 431.85IU (8.64%), Phosphorus: 64.71mg (6.47%), Copper: 0.12mg (6.22%), Vitamin C: 3.99mg (4.84%), Vitamin E: 0.72mg (4.78%), Magnesium: 18.1mg (4.53%), Potassium: 152.87mg (4.37%), Zinc: 0.52mg (3.48%), Calcium: 30.01mg (3%), Vitamin B6: 0.06mg (2.92%), Vitamin D: 0.42µg (2.82%), Vitamin B5: 0.14mg (1.41%)