



Caramel Pecan Napoleons

READY IN



30 min.

SERVINGS



9

CALORIES



400 kcal

SIDE DISH

Ingredients

- 0.5 cup caramel ice cream topping
- 0.5 cup planters pecans toasted chopped
- 2 Tbsp powdered sugar
- 17.3 oz puff pastry frozen thawed (1 sheet)
- 1.5 cups cool whip whipped topping thawed

Equipment

- baking sheet
- oven

Directions

- Preheat oven to 400F. Unfold pastry sheet on lightly floured surface.
- Cut into 3 lengthwise strips along fold marks.
- Cut each strip crosswise into 3 squares; place on baking sheet.
- Bake 15 minutes or until golden brown.
- Remove to wire racks; cool completely.
- Split each pastry square horizontally into 2 layers, making a total of 18 squares. Set aside the 9 top layers. Spoon 3 Tbsp. of the whipped topping onto each bottom layer.
- Drizzle evenly with caramel topping; sprinkle with pecans. Cover with pastry tops; sprinkle with powdered sugar. Store leftover desserts in refrigerator.

Nutrition Facts

  
 **PROTEIN 4.93%**  **FAT 58.41%**  **CARBS 36.66%**

Properties

Glycemic Index:7.33, Glycemic Load:13.33, Inflammation Score:-2, Nutrition Score:6.531739084617%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

Nutrients (% of daily need)

Calories: 400.3kcal (20.02%), Fat: 26.36g (40.55%), Saturated Fat: 7.01g (43.8%), Carbohydrates: 37.22g (12.41%), Net Carbohydrates: 35.88g (13.05%), Sugar: 12.47g (13.85%), Cholesterol: 0.25mg (0.08%), Sodium: 187.54mg (8.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.02%), Manganese: 0.52mg (25.99%), Selenium: 13.87µg (19.81%), Vitamin B1: 0.26mg (17.05%), Vitamin B3: 2.35mg (11.74%), Folate: 44.34µg (11.09%), Vitamin B2: 0.17mg (10.17%), Vitamin K: 9.37µg (8.92%), Iron: 1.55mg (8.6%), Copper: 0.13mg (6.47%), Phosphorus: 62.08mg (6.21%), Fiber: 1.35g (5.38%), Magnesium: 16.88mg (4.22%), Zinc: 0.55mg (3.67%), Vitamin E: 0.44mg (2.93%), Calcium: 24.34mg (2.43%), Potassium: 76.74mg (2.19%), Vitamin B6: 0.03mg (1.27%)