



Caramel Raspberry Banana Napoleon

READY IN



35 min.

SERVINGS



5

CALORIES



497 kcal

SIDE DISH

Ingredients

- ☐ 3 large banana
- ☐ 3 Tablespoons brown sugar
- ☐ 5 servings mrs richardson's butterscotch caramel sauce
- ☐ 1 box vanilla pudding french instant (4-serving size)
- ☐ 1 cup milk
- ☐ 1.5 cups raspberries sliced
- ☐ 8 oz regular crescent rolls refrigerated canned
- ☐ 1 cup whipped cream

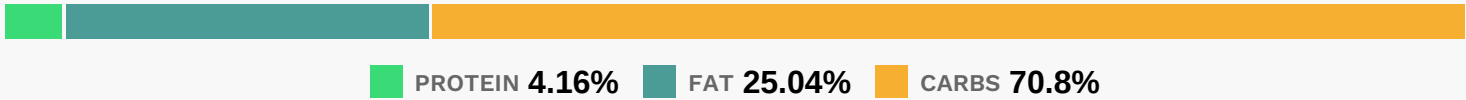
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ rolling pin

Directions

- ☐ Heat oven to 375°F. Unroll dough and separate into 4 rectangles. Pinch perforations to seal. Use rolling pin to smooth out pinched perforation (optional)
- ☐ Cut each rectangle into four pieces, forming 3x2-inch rectangles .
- ☐ Place on ungreased or parchment lined cookie sheet.
- ☐ Sprinkle each with brown sugar.
- ☐ Bake 8 to 10 minutes or until golden brown. Cool completely, about 15 minutes. Meanwhile, in medium bowl, beat milk and pudding mix with wire whisk until mixture begins to thicken and refrigerated for 30 minutes until nice and set.Fold in whipped topping. (for advanced preparation you can stop here, cover pudding and refrigerate for several hours until ready to serve)To serve, build each napoleon by starting with one of the crispy crescent squares. Dollop on the vanilla pudding mixture. Top with sliced fruit.
- ☐ Add a second crescent crisp and more of the pudding and fruit. Top with a third crisp, a spoonful of pudding, one raspberry and banana slice and drizzle with caramel topping.

Nutrition Facts



Properties

Glycemic Index:34.76, Glycemic Load:11.22, Inflammation Score:-4, Nutrition Score:8.6008696348771%

Flavonoids

Cyanidin: 16.48mg, Cyanidin: 16.48mg, Cyanidin: 16.48mg, Cyanidin: 16.48mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin:

0.48mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.35mg, Pelargonidin: 0.35mg, Pelargonidin: 0.35mg, Pelargonidin: 0.35mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 5.45mg, Catechin: 5.45mg, Catechin: 5.45mg, Catechin: 5.45mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 496.75kcal (24.84%), Fat: 14.56g (22.4%), Saturated Fat: 6.77g (42.28%), Carbohydrates: 92.63g (30.88%), Net Carbohydrates: 88.05g (32.02%), Sugar: 64.41g (71.56%), Cholesterol: 14.98mg (4.99%), Sodium: 637.09mg (27.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.89%), Manganese: 0.49mg (24.49%), Vitamin C: 16.73mg (20.28%), Fiber: 4.58g (18.31%), Vitamin B6: 0.36mg (17.85%), Potassium: 477.14mg (13.63%), Calcium: 111.76mg (11.18%), Phosphorus: 104.63mg (10.46%), Magnesium: 39.78mg (9.94%), Vitamin B2: 0.15mg (8.88%), Vitamin B5: 0.68mg (6.82%), Folate: 25.11µg (6.28%), Vitamin B12: 0.37µg (6.17%), Iron: 1.1mg (6.14%), Copper: 0.11mg (5.26%), Vitamin A: 261.36IU (5.23%), Vitamin B1: 0.07mg (4.57%), Vitamin B3: 0.83mg (4.13%), Selenium: 2.76µg (3.95%), Vitamin D: 0.58µg (3.9%), Zinc: 0.52mg (3.49%), Vitamin E: 0.52mg (3.44%), Vitamin K: 3.59µg (3.42%)