



Caramel Swirl Cream Puffs



Vegetarian

READY IN



25 min.

SERVINGS



12

CALORIES



91 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup caramel dip light fat-free room temperature
- ☐ 12 servings chocolate pudding snack sugar-free 60-calorie
- ☐ 1 tube sheets crescent rolls dough refrigerated reduced-fat recommended brand: Pillsbury
- ☐ 12 servings raspberries
- ☐ 3 tablespoons vanilla pudding mix fat-free sugar-free instant recommended brand: Jell-O
- ☐ 2.5 cups non-dairy whipped topping fat-free frozen thawed

Equipment

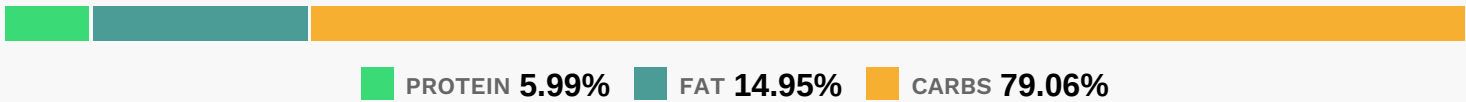
- ☐ bowl

- ☐ oven
- ☐ knife
- ☐ muffin tray
- ☐ pizza cutter

Directions

- ☐ Preheat the oven to 375 degrees F. Spray a 12-cup muffin pan with nonstick spray (butter flavored, if available) and set it aside.
- ☐ Roll dough out into a 12-inch by 9-inch rectangle. If using crescent rolls dough, pinch it to seal the perforated seams. Using a knife or pizza cutter, cut the dough into 12 squares.
- ☐ Place each square of dough into a muffin cup, and press it into the bottom and up along the sides of the cup to form a little dough cup.
- ☐ Bake in the oven for about 12 minutes, until golden brown.
- ☐ Remove and let it cool.
- ☐ Put whipped topping in a large bowl.
- ☐ Add instant pudding mix. Stir until it's blended, thickened, and uniform.
- ☐ Add chocolate pudding in dollops, and then gently swirl into the whipped topping mixture, creating a swirled effect. Do not mix until uniform.
- ☐ Remove dough cups from the muffin pan and evenly distribute pudding mixture among them.
- ☐ Drizzle each with 1/2 tablespoon of caramel dip and use the end of a spoon or fork to swirl it into the creamy mixture.
- ☐ Serve with berries, if you like. Enjoy!

Nutrition Facts



Properties

Glycemic Index:7.58, Glycemic Load:3.31, Inflammation Score:-2, Nutrition Score:4.976956512617%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 91.36kcal (4.57%), Fat: 1.62g (2.48%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 19.21g (6.4%), Net Carbohydrates: 15.19g (5.52%), Sugar: 12g (13.33%), Cholesterol: 2.85mg (0.95%), Sodium: 62.35mg (2.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.91%), Manganese: 0.41mg (20.33%), Vitamin C: 15.74mg (19.08%), Fiber: 4.02g (16.08%), Vitamin B2: 0.13mg (7.83%), Vitamin K: 4.83µg (4.6%), Vitamin B12: 0.25µg (4.1%), Magnesium: 15.74mg (3.93%), Calcium: 38.98mg (3.9%), Folate: 15.48µg (3.87%), Vitamin E: 0.56mg (3.73%), Potassium: 121.12mg (3.46%), Phosphorus: 34.44mg (3.44%), Vitamin B1: 0.05mg (3.17%), Copper: 0.06mg (3.11%), Vitamin B6: 0.06mg (2.75%), Iron: 0.44mg (2.46%), Vitamin B5: 0.23mg (2.28%), Zinc: 0.33mg (2.19%), Vitamin B3: 0.43mg (2.13%), Selenium: 0.74µg (1.05%)