



Chocolate-Almond Croissants



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



1

CALORIES



6404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12.5 ounce almond filling canned
- ☐ 1 cup almonds toasted sliced
- ☐ 1 cup double chocolate morsels (with ghirardelli) or regular semisweet chocolate morsels
- ☐ 12 croissants split

Equipment

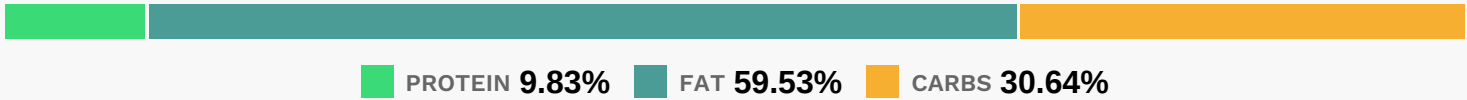
- ☐ bowl
- ☐ baking sheet
- ☐ oven

- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Stir almond filling.
- ☐ Spread each croissant bottom with about 2 tablespoons almond filling. Cover with tops; place on a large foil-lined baking sheet, and bake at 325 for 7 minutes or until lightly toasted.
- ☐ Place chocolate morsels in a small microwave-safe bowl; microwave on HIGH 1 to 2 minutes or until melted, stirring once.
- ☐ Spread melted chocolate over croissants.
- ☐ Sprinkle almonds over chocolate.
- ☐ Let stand at room temperature 2 to 3 hours or until chocolate is firm.
- ☐ *If you use frozen Sara Lee Petit French Style Croissants, you'll need 2 (6-ounce) packages.

Nutrition Facts



Properties

Glycemic Index:87, Glycemic Load:202.04, Inflammation Score:-10, Nutrition Score:77.742174070814%

Flavonoids

Cyanidin: 10.98mg, Cyanidin: 10.98mg, Cyanidin: 10.98mg, Cyanidin: 10.98mg Catechin: 5.71mg, Catechin: 5.71mg, Catechin: 5.71mg, Catechin: 5.71mg Epigallocatechin: 11.56mg, Epigallocatechin: 11.56mg, Epigallocatechin: 11.56mg, Epigallocatechin: 11.56mg Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg Naringenin: 1.92mg, Naringenin: 1.92mg, Naringenin: 1.92mg, Naringenin: 1.92mg Isorhamnetin: 11.78mg, Isorhamnetin: 11.78mg, Isorhamnetin: 11.78mg, Isorhamnetin: 11.78mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 6403.72kcal (320.19%), Fat: 435.34g (669.75%), Saturated Fat: 136.65g (854.04%), Carbohydrates: 504.04g (168.01%), Net Carbohydrates: 416.06g (151.3%), Sugar: 162.79g (180.87%), Cholesterol: 469.08mg (156.36%), Sodium: 2649.02mg (115.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 154.8mg (51.6%), Protein: 161.73g (323.47%), Vitamin E: 121.08mg (807.19%), Manganese: 14.84mg (742.09%), Magnesium: 1631.44mg (407.86%), Vitamin B2: 6.83mg (401.49%), Copper: 7.39mg (369.56%), Fiber: 87.98g (351.92%), Phosphorus:

3333.24mg (333.32%), Selenium: 188.69µg (269.56%), Vitamin B1: 3.63mg (241.77%), Iron: 41.82mg (232.34%), Folate: 798.32µg (199.58%), Vitamin B3: 32.65mg (163.23%), Zinc: 23.83mg (158.84%), Calcium: 1565.41mg (156.54%), Potassium: 5099.61mg (145.7%), Vitamin A: 5183.42IU (103.67%), Vitamin B5: 8.52mg (85.23%), Vitamin B6: 1.07mg (53.47%), Vitamin K: 25.27µg (24.07%), Vitamin B12: 1.42µg (23.64%), Vitamin C: 1.37mg (1.66%)