



Chocolate Napoleons with Mascarpone Cream and Cherry Compote

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



682 kcal

SIDE DISH

Ingredients

- ☐ 6 servings cherries
- ☐ 2 tablespoons cherry gelatin
- ☐ 8 ounce cream cheese room temperature
- ☐ 6 servings powdered sugar
- ☐ 8 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 0.5 cup sugar
- ☐ 2 teaspoons vanilla extract

☐ 1 cup whipping cream chilled

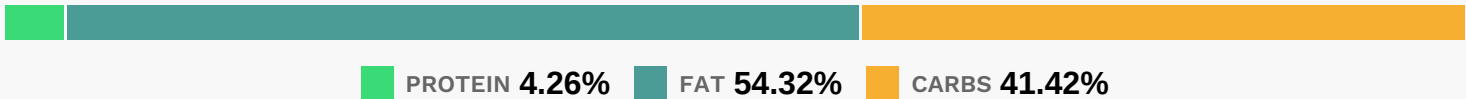
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ double boiler
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Place baking sheet, bottom side up, on work surface. Cover bottom side with foil, tucking ends under. Mark 15 x 9-inch rectangle on foil.
- ☐ Place chocolate in top of double boiler set over barely simmering water (do not allow bottom of pan to touch water); stir until melted and smooth.
- ☐ Pour onto foil; spread to cover rectangle. Chill until just set but not hard, about 8 minutes.
- ☐ Cut chocolate rectangle lengthwise into three 3-inch-wide strips.
- ☐ Cut strips crosswise into six 2 1/2-inch-long pieces. Chill 1 hour. (Can be made 1 week ahead. Cover; keep refrigerated.)
- ☐ Using electric mixer, beat first 4 ingredients in medium bowl to blend.
- ☐ Add 1/2 cup cream; beat until soft peaks form.
- ☐ Add 1/2 cup cream; beat until thick and stiff. Cover; chill at least 1 hour and up to 3 hours.
- ☐ Place 1 chocolate piece on each of 6 plates.
- ☐ Spread 3 tablespoons mascarpone over each. Top with another chocolate piece; spread mascarpone over. Top with third chocolate piece. (Can be made 6 hours ahead. Cover; chill.) Dust with powdered sugar. Spoon compote alongside.

Nutrition Facts



Properties

Glycemic Index:19.85, Glycemic Load:16.48, Inflammation Score:-8, Nutrition Score:12.367391399715%

Flavonoids

Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 682.24kcal (34.11%), Fat: 42.14g (64.83%), Saturated Fat: 25.14g (157.12%), Carbohydrates: 72.29g (24.1%), Net Carbohydrates: 66.33g (24.12%), Sugar: 61.01g (67.79%), Cholesterol: 85.27mg (28.42%), Sodium: 144.5mg (6.28%), Alcohol: 0.46g (100%), Alcohol %: 0.2% (100%), Caffeine: 32.51mg (10.84%), Protein: 7.43g (14.86%), Manganese: 0.61mg (30.39%), Copper: 0.57mg (28.62%), Vitamin A: 1199.25IU (23.98%), Fiber: 5.96g (23.86%), Magnesium: 88.31mg (22.08%), Phosphorus: 194.5mg (19.45%), Potassium: 615.33mg (17.58%), Iron: 2.99mg (16.62%), Vitamin B2: 0.23mg (13.71%), Vitamin C: 10.04mg (12.17%), Selenium: 7.92µg (11.31%), Calcium: 104.94mg (10.49%), Zinc: 1.39mg (9.25%), Vitamin K: 7.72µg (7.36%), Vitamin B5: 0.71mg (7.09%), Vitamin E: 1.01mg (6.74%), Vitamin B6: 0.12mg (5.84%), Vitamin B1: 0.07mg (4.45%), Vitamin D: 0.63µg (4.23%), Vitamin B12: 0.21µg (3.58%), Vitamin B3: 0.6mg (2.99%), Folate: 10.66µg (2.66%)