



Creamy Napoleons

READY IN



45 min.

SERVINGS



8

CALORIES



785 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons cognac
- 0.5 cup cornstarch divided
- 8 egg yolks
- 2 tablespoons powdered sugar sifted
- 2 sheets commercial puff pastry thawed
- 0.3 cup currant jelly red
- 0.1 teaspoon salt
- 2 tablespoons semi-sweet chocolate grated
- 10 ounce strawberries sweetened frozen thawed

- 1.5 cups sugar
- 1 tablespoon vanilla extract
- 0.8 cup whipping cream
- 3 cups milk whole

Equipment

- baking sheet
- sauce pan
- oven
- sieve
- blender

Directions

- Combine 1 1/2 cups sugar, 1/2 cup cornstarch, and salt.
- Add milk, stirring well. Cook over medium heat, stirring constantly, until thick. Beat egg yolks until thick and pale. Stir one-fourth of hot mixture into yolks; add to remaining hot mixture, stirring constantly. Bring to a boil; cook, stirring constantly, 1 minute or until thick.
- Remove from heat; stir in vanilla.
- Let stand at room temperature 30 minutes. Cover and chill.
- Roll pastry to remove fold lines.
- Cut into 8 squares.
- Place on baking sheet; bake at 350 for 15 minutes.
- Let cool.
- Cut each square in half horizontally.
- Place strawberries in an electric blender; cover and process until smooth. Press through a sieve; discard pulp.
- Combine strawberry puree and remaining 1 tablespoon cornstarch in a saucepan; stir.
- Add jelly; cook over medium heat until thick. Cook, stirring constantly, 1 minute.
- Remove from heat; stir in Cognac.

- Place bottom halves of pastry squares on plates. Fold whipped cream into custard; spoon onto pastry squares. Top with remaining halves.
- Sprinkle with powdered sugar and chocolate. Spoon strawberry sauce in small circles onto plates; pull a wooden pick through circles.
- Garnish with berries, if desired.

Nutrition Facts



Properties

Glycemic Index:34.26, Glycemic Load:47.52, Inflammation Score:-6, Nutrition Score:15.596086937448%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.81mg, Pelargonidin: 8.81mg, Pelargonidin: 8.81mg, Pelargonidin: 8.81mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 784.78kcal (39.24%), Fat: 40.76g (62.71%), Saturated Fat: 15.29g (95.58%), Carbohydrates: 92.04g (30.68%), Net Carbohydrates: 89.92g (32.7%), Sugar: 53.46g (59.4%), Cholesterol: 230.82mg (76.94%), Sodium: 243.73mg (10.6%), Alcohol: 1.81g (100%), Alcohol %: 0.78% (100%), Caffeine: 3.22mg (1.08%), Protein: 11.5g (22.99%), Selenium: 28.44µg (40.63%), Vitamin B2: 0.46mg (27.26%), Vitamin C: 21.91mg (26.55%), Manganese: 0.51mg (25.69%), Phosphorus: 233.87mg (23.39%), Vitamin B1: 0.34mg (22.86%), Folate: 84.62µg (21.16%), Calcium: 167.49mg (16.75%), Vitamin D: 2.34µg (15.57%), Vitamin A: 742.52IU (14.85%), Vitamin B12: 0.89µg (14.79%), Iron: 2.58mg (14.32%), Vitamin B3: 2.85mg (14.24%), Vitamin K: 12.03µg (11.45%), Vitamin B5: 0.99mg (9.95%), Zinc: 1.33mg (8.9%), Magnesium: 35.31mg (8.83%), Potassium: 302.61mg (8.65%), Copper: 0.17mg (8.51%), Fiber: 2.12g (8.47%), Vitamin B6: 0.16mg (8%), Vitamin E: 1.18mg (7.89%)