



Dessert Napoleon

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



645 kcal

DESSERT

Ingredients

- 2 tablespoons confectioners' sugar
- 6 muffins english halved
- 1 cup heavy cream
- 0.5 cup honey
- 16 ounce peaches frozen thawed chopped (or other fruit)
- 2 tablespoons butter unsalted

Equipment

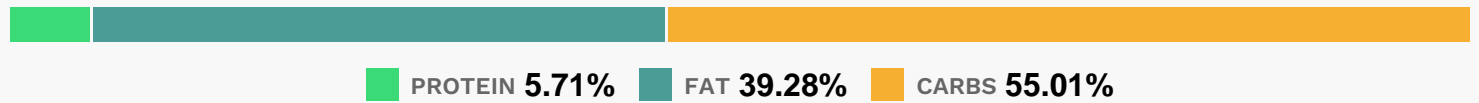
- bowl

- frying pan
- hand mixer

Directions

- Heat 1 tablespoon of the butter and 1/4 cup of the honey in a large nonstick skillet over medium heat. Stir to combine.
- Add 6 of the muffin halves to the skillet, cut-side down. Cook, without turning, until golden and crisp, 3 to 5 minutes.
- Transfer to a plate. Repeat with the remaining butter, honey, and muffins.
- Let cool. In a large bowl, beat the cream and sugar with an electric mixer until soft peaks form.
- Place 4 muffin halves on individual plates, cut-side up, and top with some of the whipped cream and peaches.
- Add a second muffin half to each stack and top with the remaining whipped cream and peaches. Sandwich with the remaining muffin halves.

Nutrition Facts



Properties

Glycemic Index:41.88, Glycemic Load:49.9, Inflammation Score:-7, Nutrition Score:10.386521650397%

Flavonoids

Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 645.42kcal (32.27%), Fat: 29g (44.62%), Saturated Fat: 17.52g (109.52%), Carbohydrates: 91.39g (30.46%), Net Carbohydrates: 87.29g (31.74%), Sugar: 49.96g (55.51%), Cholesterol: 82.29mg (27.43%), Sodium: 430.07mg (18.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.49g (18.98%), Vitamin A: 1419.26IU (28.39%), Manganese: 0.41mg (20.47%), Phosphorus: 176.55mg (17.65%), Vitamin B2: 0.3mg (17.53%), Fiber: 4.09g (16.38%), Vitamin B1: 0.19mg (12.95%), Vitamin B3: 2.35mg (11.73%), Copper: 0.22mg (11.1%), Folate: 41.88µg (10.47%),

Vitamin E: 1.54mg (10.25%), Potassium: 330.67mg (9.45%), Calcium: 92.53mg (9.25%), Magnesium: 32.18mg (8.04%), Iron: 1.39mg (7.71%), Vitamin B5: 0.74mg (7.43%), Zinc: 1.1mg (7.35%), Vitamin D: 1.06µg (7.05%), Selenium: 4.6µg (6.57%), Vitamin C: 5.3mg (6.43%), Vitamin K: 5.8µg (5.52%), Vitamin B6: 0.1mg (4.82%), Vitamin B12: 0.14µg (2.35%)