



Pumpkin-Cream Cheese Napoleons

READY IN



45 min.

SERVINGS



6

CALORIES



563 kcal

SIDE DISH

Ingredients

- 9 ounce butternut squash
- 8 ounce cream cheese softened
- 1 teaspoon granulated sugar
- 1 cup heavy whipping cream
- 0.3 cup powdered sugar
- 6 servings candied ginger chopped
- 1 sheets puff pastry frozen thawed
- 0.5 cup pumpkin pie filling/mix
- 1.3 teaspoons pumpkin pie spice

1 teaspoon vanilla extract

Equipment

baking sheet

oven

mixing bowl

wire rack

Directions

Place puff pastry sheet on floured surface.

Cut into 9 (3-inch) squares.

Place squares on ungreased cookie sheets.

Bake at 400 for 10 minutes or until brown; cool on wire rack.

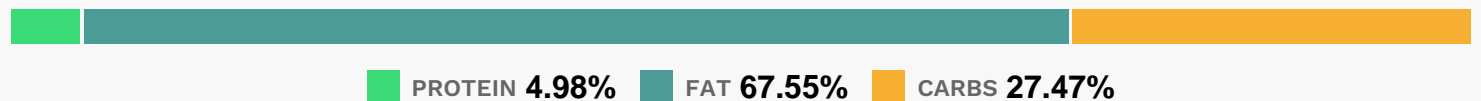
Combine pumpkin butter and next 4 ingredients; beat until light and fluffy.

Combine cream, vanilla extract, and 1/4 cup powdered sugar in a chilled mixing bowl. Beat until soft peaks form. Set aside 1/2 cup whipped cream and gently fold remaining whipped cream into pumpkin mixture. Cover and chill pumpkin filling at least 1 hour.

Carefully slice 1 pastry square in half to make 2 layers. Spoon about 3 tablespoons filling onto bottom layer; top with the second puff pastry layer. Repeat procedure with remaining pumpkin filling and remaining pastry squares. Chill up to 2 hours. Top each Napoleon with a dollop of reserved whipped cream.

Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:25.52, Glycemic Load:11, Inflammation Score:-10, Nutrition Score:14.174347711646%

Nutrients (% of daily need)

Calories: 563.27kcal (28.16%), Fat: 43.01g (66.16%), Saturated Fat: 20.75g (129.67%), Carbohydrates: 39.35g (13.12%), Net Carbohydrates: 35.96g (13.08%), Sugar: 10.25g (11.39%), Cholesterol: 83mg (27.67%), Sodium: 280.11mg (12.18%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Protein: 7.13g (14.25%), Vitamin A: 7479.62IU (149.59%), Manganese: 0.45mg (22.39%), Selenium: 14.86µg (21.22%), Vitamin B2: 0.31mg (18.49%), Vitamin B1: 0.23mg (15.06%), Folate: 56.3µg (14.07%), Fiber: 3.39g (13.57%), Vitamin C: 10.05mg (12.19%), Vitamin B3: 2.37mg (11.84%), Phosphorus: 112.64mg (11.26%), Vitamin E: 1.53mg (10.21%), Calcium: 98.64mg (9.86%), Iron: 1.75mg (9.72%), Vitamin K: 9.22µg (8.78%), Potassium: 297.08mg (8.49%), Magnesium: 31.42mg (7.85%), Vitamin B5: 0.74mg (7.43%), Vitamin B6: 0.15mg (7.34%), Copper: 0.11mg (5.33%), Zinc: 0.64mg (4.24%), Vitamin D: 0.63µg (4.23%), Vitamin B12: 0.15µg (2.44%)