

Fruity Puff Pastries

READY IN



30 min.

SERVINGS



6

CALORIES



541 kcal

CRUST

Ingredients

- 0.3 cup brown sugar packed
- 0.3 cup butter cubed
- 0.5 teaspoon ground cinnamon
- 0.3 cup heavy whipping cream
- 6 medium pears peeled sliced
- 10 ounces puff pastry shells frozen
- 1.5 cups raspberries fresh
- 6 servings whipped cream

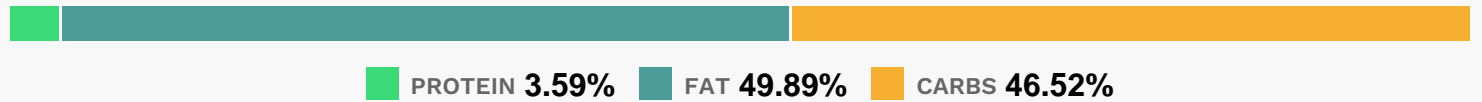
Equipment

- frying pan
- oven

Directions

- Bake pastry shells according to package directions. In a large skillet, saute the pears in butter, brown sugar and cinnamon for 5 minutes or until pears are tender.
- Add the cream. Cook and stir for 2 minutes or until thickened. Gently stir in the raspberries.
- Remove top of pastry shells; fill with fruit mixture.
- Garnish with whipped cream and additional raspberries if desired.

Nutrition Facts



Properties

Glycemic Index:38.13, Glycemic Load:20.29, Inflammation Score:-6, Nutrition Score:10.894782514676%

Flavonoids

Cyanidin: 17.4mg, Cyanidin: 17.4mg, Cyanidin: 17.4mg, Cyanidin: 17.4mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg Epicatechin: 7.75mg, Epicatechin: 7.75mg, Epicatechin: 7.75mg, Epicatechin: 7.75mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 541.21kcal (27.06%), Fat: 31.03g (47.74%), Saturated Fat: 12.57g (78.59%), Carbohydrates: 65.1g (21.7%), Net Carbohydrates: 56.83g (20.67%), Sugar: 31.67g (35.18%), Cholesterol: 36.1mg (12.03%), Sodium: 187.14mg

(8.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.05%), Fiber: 8.27g (33.06%), Manganese: 0.55mg (27.71%), Vitamin C: 15.58mg (18.88%), Vitamin K: 18.92µg (18.02%), Selenium: 12.3µg (17.57%), Vitamin B1: 0.22mg (14.91%), Folate: 56.61µg (14.15%), Vitamin B2: 0.22mg (12.78%), Vitamin B3: 2.47mg (12.33%), Copper: 0.23mg (11.74%), Iron: 1.85mg (10.29%), Vitamin A: 478.6IU (9.57%), Potassium: 318.09mg (9.09%), Magnesium: 29.36mg (7.34%), Phosphorus: 72.37mg (7.24%), Vitamin E: 1.08mg (7.22%), Calcium: 54.93mg (5.49%), Vitamin B6: 0.09mg (4.48%), Zinc: 0.62mg (4.1%), Vitamin B5: 0.26mg (2.57%), Vitamin D: 0.18µg (1.22%)