



Giant Apple Napoleon

READY IN



45 min.

SERVINGS



8

CALORIES



847 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 large eggs
- ☐ 5 large granny smith apples peeled sliced
- ☐ 1 teaspoon ground cinnamon
- ☐ 8 servings powdered sugar
- ☐ 17.3 ounce puff pastry sheets frozen thawed
- ☐ 1 cup sugar
- ☐ 3.5 ounce vanilla pudding mix instant
- ☐ 1 tablespoon water

☐ 2 cups whipping cream

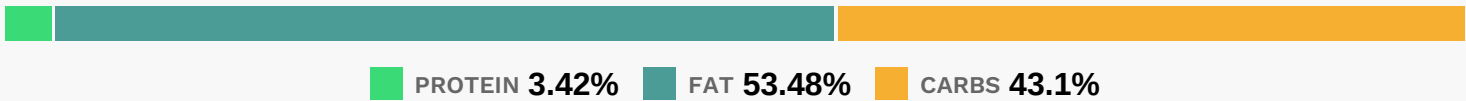
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Unfold pastry sheets on baking sheets; press out fold lines. Stir together egg and 1 tablespoon water; brush on pastry sheets.
- ☐ Bake at 400 for 15 minutes or until golden. Cool on wire racks.
- ☐ Beat pudding mix and whipping cream at medium speed with an electric mixer 2 minutes. Cover and chill 30 minutes.
- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add apple slices, sugar, and cinnamon. Cook, stirring constantly, 10 minutes or until tender; drain.
- ☐ Spread pudding over 1 pastry sheet; top with apple mixture.
- ☐ Place remaining pastry sheet over apple slices; sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:20.39, Glycemic Load:37.47, Inflammation Score:-7, Nutrition Score:11.211739052897%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 10.49mg, Epicatechin: 10.49mg, Epicatechin: 10.49mg, Epicatechin: 10.49mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 846.53kcal (42.33%), Fat: 51.44g (79.14%), Saturated Fat: 21.01g (131.32%), Carbohydrates: 93.28g (31.09%), Net Carbohydrates: 88.81g (32.3%), Sugar: 59.33g (65.92%), Cholesterol: 90.49mg (30.16%), Sodium: 324.73mg (14.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.83%), Selenium: 18.81µg (26.88%), Vitamin A: 1238.75IU (24.78%), Vitamin B2: 0.36mg (21.19%), Manganese: 0.4mg (19.77%), Vitamin B1: 0.28mg (18.81%), Fiber: 4.47g (17.88%), Folate: 57.26µg (14.32%), Vitamin K: 14.91µg (14.2%), Vitamin B3: 2.72mg (13.61%), Iron: 1.95mg (10.83%), Phosphorus: 100.93mg (10.09%), Vitamin E: 1.42mg (9.46%), Vitamin C: 6.79mg (8.23%), Potassium: 258.77mg (7.39%), Vitamin D: 1.08µg (7.18%), Calcium: 62.88mg (6.29%), Copper: 0.12mg (6.22%), Magnesium: 22.05mg (5.51%), Vitamin B6: 0.1mg (5.12%), Zinc: 0.61mg (4.09%), Vitamin B5: 0.34mg (3.39%), Vitamin B12: 0.16µg (2.63%)