



## Individual Danish Assortment

READY IN



60 min.

SERVINGS



10

CALORIES



1068 kcal

SIDE DISH

## Ingredients

- 10 servings almonds toasted sliced
- 10 servings apple sauce
- 10 servings apricot preserves warmed
- 2 tablespoons butter melted
- 4 tablespoons butter softened
- 10 servings milk chocolate shavings
- 0.5 teaspoon cinnamon
- 0.5 cup cinnamon sugar
- 0.5 cup powdered sugar

- 1 eggs lightly beaten
- 1 egg yolk slightly beaten
- 0.3 cup flour
- 10 servings jam
- 10 servings lemon curd
- 1 tablespoon milk 2% low-fat
- 2 teaspoons milk 2% low-fat
- 10 servings cranberries
- 12 ounces neufchatel cheese softened
- 10 servings pastry cream
- 2 sheets puff pastry
- 0.3 cup sugar
- 0.5 cup sugar
- 0.8 cup sugar
- 10 servings sugar

## Equipment

- baking sheet
- baking paper
- oven
- whisk

## Directions

- REMONCE: Cream the butter, sugar (and cinnamon, if added). Keep refrigerated till ready to use.
- Whisk together the flour and sugar.
- Drizzle in the melted butter as you mix.(Makes 3/4 cups).CHEESE FILLING: Blend the sugar with the softened cream cheese until thoroughly combined. Don't over-beat or aerate.

- Whisk a very small amount of milk into the sugar until all the lumps are gone. Continue to add milk, a few drops at a time, until it ribbons off the whisk (Makes 1/2 cup).**TO ASSEMBLE PASTRIES:** Preheat oven to 350 degrees F. On a lightly floured surface, roll each sheet of puff pastry out to a rectangle measuring a little larger than 20x1
- Spread each with filling of your choice. Using egg wash, brush two edges of each square. Fold over to make triangle shapes.
- Place on a sheet tray lined with parchment paper.
- Cut three small diagonal slits in the top of the turnovers.
- Brush lightly with more egg wash and sprinkle with some cinnamon sugar.
- Bake about 20 minutes or until golden brown.**DANISH:** While still warm, brush lightly with warmed apricot jam.
- Sprinkle some cinnamon sugar onto squares.
- Brush two edges of the square with egg wash.
- Cut a slit from each corner almost into the center, stopping just short of the center. Fold every other tip into the center, overlapping them, and press firmly.
- Place on a baking sheet lined with parchment paper. Press the center down with your finger where the tips overlap. Fill with 1/2 rounded teaspoon jam or filling.
- Brush with egg wash, then sprinkle with some coarse sugar,.
- Bake about 20 minutes, or until nicely colored.**ENVELOPES:** Turn the square so that a point is at the top. Put and elongated mound of about 2 tablespoons of cheese filling from top to bottom. Egg wash the side corners. Fold one corner over the filling and press firmly. Fold the other end over the top and press very firmly to seal.
- Place on lined baking sheet.
- Brush with egg wash and sprinkle with sugar and some chopped chocolate.
- Place a rounded tablespoon of cheese filling in the middle of the square.
- Brush the corners with egg wash. Fold two opposite sides up and press firmly, as in the envelopes above. Bring the bottom corner up and press firmly over the fold. Lastly, bring the top corner up and across the fold and pinch it to seal. Egg wash and sprinkle the top with streusel.
- Bake about 25 minutes, until nicely browned.

## Nutrition Facts



PROTEIN 5.44% FAT 35.34% CARBS 59.22%

## Properties

Glycemic Index:76.01, Glycemic Load:66.91, Inflammation Score:-6, Nutrition Score:16.226521616397%

## Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 6.71mg, Epicatechin: 6.71mg, Epicatechin: 6.71mg, Epicatechin: 6.71mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

## Nutrients (% of daily need)

Calories: 1067.56kcal (53.38%), Fat: 42.8g (65.84%), Saturated Fat: 17.98g (112.38%), Carbohydrates: 161.38g (53.79%), Net Carbohydrates: 158.6g (57.67%), Sugar: 107.86g (119.85%), Cholesterol: 151.14mg (50.38%), Sodium: 490.86mg (21.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.83g (29.66%), Selenium: 26.54µg (37.91%), Vitamin B2: 0.63mg (37.2%), Phosphorus: 301.43mg (30.14%), Calcium: 268.97mg (26.9%), Vitamin B1: 0.36mg (23.82%), Manganese: 0.38mg (19.12%), Folate: 72.91µg (18.23%), Vitamin A: 885.53IU (17.71%), Vitamin B12: 0.94µg (15.68%), Potassium: 527.31mg (15.07%), Iron: 2.67mg (14.82%), Vitamin B5: 1.4mg (14.03%), Vitamin B3: 2.66mg (13.29%), Vitamin D: 1.9µg (12.7%), Magnesium: 45.42mg (11.35%), Fiber: 2.77g (11.09%), Copper: 0.22mg (10.86%), Zinc: 1.52mg (10.15%), Vitamin K: 10.14µg (9.66%), Vitamin B6: 0.17mg (8.74%), Vitamin E: 1.3mg (8.65%), Vitamin C: 5.02mg (6.09%)