



Lemon Berry Napoleon Loaf



Vegetarian



Dairy Free

READY IN



290 min.

SERVINGS



8

CALORIES



510 kcal

SIDE DISH

Ingredients

- ☐ 1 pint lemon sherbet softened
- ☐ 17.3 ounce puff pastry sheets pepperidge farm®
- ☐ 12 ounces raspberries fresh frozen thawed
- ☐ 1 pint rapsberry sherbet softened
- ☐ 0.5 cup sugar

Equipment

- ☐ food processor
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ loaf pan

Directions

- ☐ Thaw the pastry sheet at room temperature for 40 minutes or until it's easy to handle.
- ☐ Heat the oven to 400 degrees F. Line a baking sheet with parchment paper.
- ☐ Unfold the pastry sheet on a lightly floured surface.
- ☐ Cut the pastry sheet in half lengthwise into 2 (4 1/2 x 9-inch) rectangles.
- ☐ Place the pastry rectangles onto the prepared baking sheet. Cover with another piece of parchment paper and top with another baking sheet.
- ☐ Bake for 20 minutes or until the pastries are golden.
- ☐ Remove the pastries to a wire rack and let cool completely.
- ☐ Line a 9x5-inch loaf pan with plastic wrap.
- ☐ Spread the lemon sherbet in the bottom of the loaf pan. Trim the edges of 1 pastry rectangle to fit the loaf pan and gently press onto the lemon sherbet. Repeat the layers with the raspberry sherbet and remaining pastry rectangle. Cover the loaf pan and freeze for 4 hours or overnight.
- ☐ Place the raspberries and sugar into a blender or food processor. If using fresh berries, let the mixture stand for 20 minutes. Cover and blend until the mixture is smooth. Press the raspberry mixture through a sieve into a medium bowl.
- ☐ Invert the loaf pan onto a serving plate.
- ☐ Cut the loaf into 8 slices.
- ☐ Drizzle the slices with the raspberry sauce and top with the raspberries, if desired.

Nutrition Facts



 **PROTEIN 4.79%**  **FAT 42.91%**  **CARBS 52.3%**

Properties

Glycemic Index:28.57, Glycemic Load:34.05, Inflammation Score:-5, Nutrition Score:12.194347936174%

Flavonoids

Cyanidin: 19.46mg, Cyanidin: 19.46mg, Cyanidin: 19.46mg, Cyanidin: 19.46mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 12.63mg, Eriodictyol: 12.63mg, Eriodictyol: 12.63mg, Eriodictyol: 12.63mg Hesperetin: 16.5mg, Hesperetin: 16.5mg, Hesperetin: 16.5mg, Hesperetin: 16.5mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 510.36kcal (25.52%), Fat: 25.03g (38.51%), Saturated Fat: 6.63g (41.43%), Carbohydrates: 68.65g (22.88%), Net Carbohydrates: 62.54g (22.74%), Sugar: 30.66g (34.07%), Cholesterol: 0.59mg (0.2%), Sodium: 181.59mg (7.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.29g (12.57%), Vitamin C: 43.85mg (53.15%), Manganese: 0.61mg (30.44%), Fiber: 6.11g (24.43%), Selenium: 16.12µg (23.03%), Vitamin B1: 0.3mg (19.82%), Folate: 65.62µg (16.41%), Vitamin B2: 0.26mg (15.37%), Vitamin B3: 2.91mg (14.53%), Iron: 2.31mg (12.82%), Vitamin K: 13.19µg (12.56%), Phosphorus: 82.24mg (8.22%), Copper: 0.15mg (7.37%), Magnesium: 28.63mg (7.16%), Potassium: 240.26mg (6.86%), Calcium: 64.2mg (6.42%), Zinc: 0.82mg (5.49%), Vitamin E: 0.8mg (5.3%), Vitamin B6: 0.1mg (4.86%), Vitamin B5: 0.38mg (3.85%), Vitamin B12: 0.08µg (1.28%), Vitamin A: 54.87IU (1.1%)