



Luscious Puff Pastries

READY IN



45 min.

SERVINGS



45

CALORIES



47 kcal

CRUST

Ingredients

- 3.4 oz jell-o vanilla flavor pudding instant
- 1 cup milk cold
- 1 sheet puff pastry frozen thawed ()
- 1 oz baker's semi-sweet chocolate
- 0.5 cup cool whip whipped topping thawed

Equipment

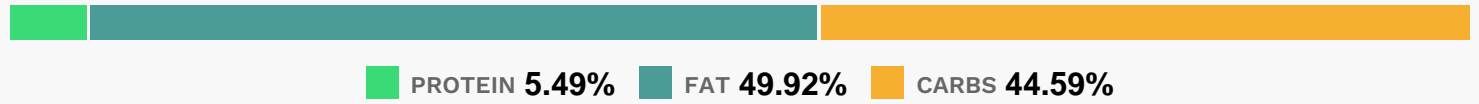
- bowl
- baking sheet

- oven
- whisk
- cookie cutter

Directions

- Heat oven to 400F.
- Unfold pastry on lightly floured surface; roll into 10-inch square.
- Cut into 9 circles with 3-inch cookie cutter.
- Place, 2 inches apart, on baking sheet.
- Bake 10 min.
- Remove to wire racks; cool completely.
- Meanwhile, beat pudding mix and milk in medium bowl with whisk 2 min. Stir in COOL WHIP. Refrigerate 15 min.
- Melt chocolate as directed on package. Split pastry rounds; fill with pudding mixture.
- Drizzle with chocolate.

Nutrition Facts



Properties

Glycemic Index:2.09, Glycemic Load:1.43, Inflammation Score:-1, Nutrition Score:0.77913043939549%

Nutrients (% of daily need)

Calories: 46.88kcal (2.34%), Fat: 2.61g (4.01%), Saturated Fat: 0.86g (5.38%), Carbohydrates: 5.24g (1.75%), Net Carbohydrates: 5.09g (1.85%), Sugar: 2.43g (2.7%), Cholesterol: 0.71mg (0.24%), Sodium: 29.88mg (1.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.29%), Selenium: 1.51µg (2.16%), Manganese: 0.04mg (1.77%), Vitamin B1: 0.03mg (1.67%), Vitamin B2: 0.02mg (1.43%), Vitamin B3: 0.24mg (1.19%), Phosphorus: 11.04mg (1.1%), Folate: 4.27µg (1.07%), Iron: 0.18mg (1.01%)