



Napoleons

READY IN



120 min.

SERVINGS



20

CALORIES



340 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 ounce apricot preserves
- 1 tablespoon butter
- 0.3 cup cake flour
- 3 cups confectioners' sugar sifted
- 0.3 cup cornstarch
- 3 eggs separated
- 1 tablespoon juice of lemon
- 4 cups milk divided
- 17.5 ounce puff pastry sheets frozen thawed

- 1 teaspoon vanilla extract
- 0.9 cup sugar white divided

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- knife
- microwave

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Roll out three sheets of puff pastry, each to the same size and a thickness of 1/8 inch. Prick with a fork, and place on baking sheets.
- Bake in preheated oven until golden, about 10 minutes.
- In a medium bowl, combine cornstarch and 1/2 cup milk with fingers until smooth. Stir in cake flour and half the sugar. Beat in egg yolks. Set aside.
- In a saucepan over medium heat, bring remaining milk and remaining sugar to a rolling boil. Stir in egg yolk mixture; continue stirring and bring to a boil again.
- Remove from heat and stir in butter and vanilla.
- Let cool.
- In a small saucepan or in the microwave, heat the jam until runny.
- Place one sheet of pastry on a board.
- Spread with cooled pastry cream to a thickness of 1/2 inch.
- Place a second pastry sheet over the cream.
- Brush with fruit glaze.
- Spread remaining pastry cream over glaze. Top with final pastry sheet and gently compress layers, using a baking sheet to press.

To make icing, beat together confectioners' sugar and lemon juice with enough of the egg whites to make a creamy consistency like that of a cream soup. Working quickly, color a small portion of the frosting with red food coloring. Frost the top and sides of the assembled pastry with white icing. Pipe parallel lines of red icing on top of dessert, then draw a pick or knife crosswise through icing to make the traditional design.

Let icing set before cutting into bars.

Nutrition Facts

 **PROTEIN 5.35%**  **FAT 32.01%**  **CARBS 62.64%**

Properties

Glycemic Index:14.05, Glycemic Load:14.01, Inflammation Score:-2, Nutrition Score:4.9439130814179%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 339.65kcal (16.98%), Fat: 12.31g (18.93%), Saturated Fat: 3.87g (24.21%), Carbohydrates: 54.2g (18.07%), Net Carbohydrates: 53.71g (19.53%), Sugar: 36.33g (40.36%), Cholesterol: 31.91mg (10.64%), Sodium: 101.65mg (4.42%), Alcohol: 0.07g (100%), Alcohol %: 0.07% (100%), Protein: 4.62g (9.25%), Selenium: 10.34µg (14.77%), Vitamin B2: 0.18mg (10.49%), Vitamin B1: 0.13mg (8.71%), Phosphorus: 80.22mg (8.02%), Manganese: 0.15mg (7.53%), Calcium: 70.45mg (7.04%), Folate: 23.48µg (5.87%), Vitamin B3: 1.12mg (5.59%), Vitamin B12: 0.32µg (5.39%), Iron: 0.88mg (4.87%), Vitamin D: 0.67µg (4.46%), Vitamin K: 4.22µg (4.01%), Vitamin A: 167.39IU (3.35%), Potassium: 114.44mg (3.27%), Zinc: 0.45mg (3%), Magnesium: 11.95mg (2.99%), Vitamin B5: 0.3mg (2.98%), Copper: 0.06mg (2.86%), Vitamin B6: 0.05mg (2.54%), Vitamin C: 1.79mg (2.17%), Fiber: 0.49g (1.96%), Vitamin E: 0.28mg (1.84%)