



Orange Liqueur Raspberries

READY IN



90 min.

SERVINGS



6

CALORIES



471 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 teaspoon cinnamon
- 6 cinnamon elephant ears (see recipe)
- 8 ounces crème fraîche
- 1 pinch kosher salt
- 2 tablespoons liqueur orange flavored
- 1 sheet puff pastry (recommended: Pepperidge Farm)
- 2 half pints raspberries
- 1 cup sugar divided
- 2 tablespoons sugar

Equipment

- bowl
- baking sheet
- baking paper
- oven
- plastic wrap
- spatula
- rolling pin

Directions

- Pour the raspberries in a bowl and add the sugar and orange flavored liqueur. Stir lightly. Gently mash half the raspberries with a fork. Cover the bowl with plastic wrap and allow to sit for about 1 hour until softened and juicy.
- To serve, fill the bottom half of a stem glass with the raspberries and spoon a dollop of creme fraiche on top, and place a Cinnamon Elephant Ears cookie on top of the creme fraiche.
- Preheat the oven to 450 degrees.
- Combine 1/2 cup of the sugar and kosher salt and pour it over a flat surface such as a wooden board or marble slab. Unfold the sheet of puff pastry onto the sugar mixture.
- Combine 12 cup of the sugar and the cinnamon and spread it evenly on the puff pastry. This is not about sprinkling, it's about an even covering of sugar. With a rolling pin, lightly roll the dough until it's a 13-inch square and the sugar is pressed into the puff pastry on top and bottom. Fold the sides of the square toward the center so they go halfway to the middle. Fold them again so the two folds meet exactly at the middle of the dough. Then fold one half over the other half as though closing a book. You will have 6 layers. Slice the dough into 3/8-inch slices and place the slices, cut side up, on baking sheets lined with parchment paper.
- Bake the cookies for 6 minutes, or until caramelized and brown on the bottom, then turn with a spatula and bake for another 3 to 5 minutes, until caramelized on the other side.
- Transfer to a baking rack to cool.

Nutrition Facts



 PROTEIN **3.43%**  FAT **43.96%**  CARBS **52.61%**

Properties

Glycemic Index:34.36, Glycemic Load:36.08, Inflammation Score:-3, Nutrition Score:7.0365217794543%

Nutrients (% of daily need)

Calories: 470.99kcal (23.55%), Fat: 23.09g (35.53%), Saturated Fat: 7.79g (48.69%), Carbohydrates: 62.19g (20.73%), Net Carbohydrates: 59.67g (21.7%), Sugar: 40.86g (45.4%), Cholesterol: 22.42mg (7.47%), Sodium: 120.79mg (5.25%), Alcohol: 1.99g (100%), Alcohol %: 2.02% (100%), Protein: 4.06g (8.11%), Manganese: 0.83mg (41.54%), Selenium: 11.63µg (16.61%), Vitamin B1: 0.17mg (11.4%), Vitamin B2: 0.19mg (11.07%), Fiber: 2.52g (10.06%), Vitamin B3: 1.79mg (8.93%), Folate: 34.34µg (8.59%), Calcium: 78.9mg (7.89%), Vitamin K: 8.26µg (7.87%), Iron: 1.39mg (7.72%), Phosphorus: 55.84mg (5.58%), Vitamin A: 247.65IU (4.95%), Copper: 0.07mg (3.41%), Magnesium: 12.5mg (3.12%), Vitamin E: 0.45mg (2.99%), Zinc: 0.41mg (2.75%), Potassium: 88.79mg (2.54%), Vitamin B6: 0.03mg (1.5%), Vitamin B5: 0.14mg (1.41%), Vitamin B12: 0.08µg (1.33%)