Peach-Raspberry Bundles with Orange Custard Sauce

Vegetarian

READY IN	SERVINGS	CALORIES
45 min.	8	493 kcal

SIDE DISH

Ingredients

- [ ] 2 tablespoons flour
- [ ] 1 large egg whites
- [ ] 3 large egg yolk
- [ ] 0.5 teaspoon juice of lemon fresh
- [ ] 0.5 teaspoon orange zest grated
- [ ] 1 pound peaches peeled chopped
- [ ] 17.3 ounce puff pastry frozen thawed (2 sheets)

- [ ] 0.5 cup raspberries fresh
- [ ] 0.3 cup sugar
- [ ] 2.5 tablespoons sugar
- [ ] 0.5 cup whipping cream
- [ ] 0.5 cup milk whole

Equipment

- [ ] bowl
- [ ] baking sheet
- [ ] sauce pan
- [ ] baking paper
- [ ] oven
- [ ] whisk
- [ ] plastic wrap

Directions

- [ ] Combine cream, milk, and orange peel in heavy small saucepan. Bring to simmer.
- [ ] Remove from heat. Cover and let steep 15 minutes.
- [ ] Whisk yolks and sugar in medium bowl to blend. Gradually whisk warm milk mixture into yolk mixture; return to saucepan. Cook over medium-low heat until mixture coats back of spoon and leaves path when finger is drawn across, stirring constantly, about 7 minutes (do not boil).
- [ ] Pour into bowl. Chill until cold, whisking occasionally, about 3 hours. (Sauce can be made 1 day ahead. Keep chilled.)
- [ ] Line baking sheet with parchment paper and spray with nonstick spray.
- [ ] Roll out 1 pastry sheet to 14-inch square. Using 5-inch-diameter bowl as guide, cut out 4 circles.
- [ ] Transfer circles to prepared sheet; cover with plastic. Repeat with second pastry sheet.
- [ ] Transfer pastry circles to same baking sheet, placing atop plastic wrap. Freeze 10 minutes.
- [ ] Toss peaches, raspberries, 2 1/2 tablespoons sugar, flour, and lemon juice in medium bowl.
- [ ] Roll out pastry circles on lightly floured surface to 7-inch-diameter rounds.

- [ ] Place 1/4 cup fruit mixture in center of each round. Gather dough atop fruit and twist and pinch firmly to enclose completely.
- [ ] Place on large baking sheet. Freeze bundles at least 15 minutes. (Can be made 1 day ahead. Keep frozen.)
- [ ] Preheat oven to 400°F.
- [ ] Brush bundles all over with egg white, and sprinkle each with 1 teaspoon sugar.
- [ ] Bake until golden, about 22 minutes. Cool on baking sheet on rack at least 10 minutes.
- [ ] Place 2 tablespoons sauce in center of each of 8 plates.
- [ ] Place 1 bundle in center of each plate and serve warm.

Nutrition Facts

PROTEIN **6.14%** FAT **56.15%** CARBS **37.71%**

Properties

Glycemic Index:46.93, Glycemic Load:25.32, Inflammation Score:-5, Nutrition Score:10.069130451783%

Flavonoids

Cyanidin: 4.52mg, Cyanidin: 4.52mg, Cyanidin: 4.52mg, Cyanidin: 4.52mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.89mg, Catechin: 2.89mg, Catechin: 2.89mg, Catechin: 2.89mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 1.59mg, Epicatechin: 1.59mg, Epicatechin: 1.59mg, Epicatechin: 1.59mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 493.42kcal (24.67%), Fat: 31.17g (47.95%), Saturated Fat: 10.24g (64%), Carbohydrates: 47.11g (15.7%), Net Carbohydrates: 44.78g (16.28%), Sugar: 16.77g (18.63%), Cholesterol: 87.49mg (29.16%), Sodium: 179.96mg (7.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.66g (15.33%), Selenium: 21.87µg (31.24%), Manganese: 0.4mg (20.1%), Vitamin B1: 0.3mg (19.86%), Vitamin B2: 0.31mg (18%), Folate: 66.39µg (16.6%), Vitamin B3: 3.2mg (16%), Vitamin K: 12.73µg (12.12%), Iron: 2.1mg (11.66%), Vitamin A: 523.77IU (10.48%), Phosphorus: 103.02mg (10.3%), Fiber: 2.32g (9.29%), Vitamin E: 1.12mg (7.47%), Copper: 0.13mg (6.6%), Vitamin C: 4.67mg (5.66%), Magnesium: 20.1mg

(5.02%), Vitamin D: 0.75µg (5%), Zinc: 0.75mg (4.98%), Potassium: 171.37mg (4.9%), Calcium: 47.96mg (4.8%), Vitamin B5: 0.41mg (4.14%), Vitamin B12: 0.23µg (3.9%), Vitamin B6: 0.07mg (3.47%)