



Peach-Raspberry Bundles with Orange Custard Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



493 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons all purpose flour
- ☐ 1 large egg white
- ☐ 3 large egg yolks
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 0.5 teaspoon orange peel 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

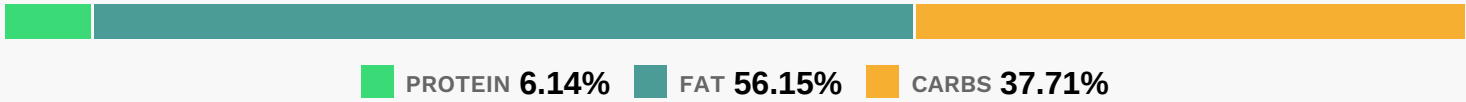
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap

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



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: Og (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%)