



Pecan-Apricot-Cream Croissants

READY IN



45 min.

SERVINGS



8

CALORIES



443 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 8 servings confectioners' sugar
- ☐ 8 croissants halved
- ☐ 1 large eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 8 oz neufchatel cheese softened
- ☐ 0.5 cup pecans
- ☐ 6 tablespoons sugar
- ☐ 0.8 teaspoon vanilla extract

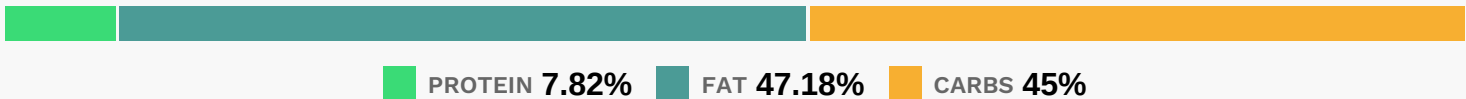
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Arrange rack in lower third of oven. Preheat oven to 350F.
- ☐ Spread pecans on a baking sheet and roast until they are lightly toasted, about 8 minutes.
- ☐ Let cool and coarsely chop; set aside. Cover same baking sheet with parchment paper; set aside.
- ☐ To make vanilla syrup, combine 6 Tbsp. sugar and 1/4 cup water in a small saucepan over high heat and bring to a boil; remove from heat, stir in 1/4 tsp. vanilla.
- ☐ Let syrup cool; set aside.
- ☐ With an electric mixer, beat together Neufchtel and remaining 3 Tbsp. sugar on high speed until mixture is fluffy.
- ☐ Add flour, egg and remaining 1/2 tsp. vanilla, and mix on medium speed until blended well. Set aside.
- ☐ Position croissant bottoms on baking sheet and brush each with reserved vanilla syrup.
- ☐ Spread 1/2 Tbsp. jam on each bottom.
- ☐ Spread Neufchtel mixture over jam, sprinkle with chopped pecans and replace croissant tops.
- ☐ Bake until croissants are slightly darkened and filling is puffed, 15 to 20 minutes.
- ☐ Let cool slightly and dust with confectioners' sugar, if desired.

Nutrition Facts



Properties

Glycemic Index:31.14, Glycemic Load:23.6, Inflammation Score:-5, Nutrition Score:8.7034783130107%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 442.99kcal (22.15%), Fat: 23.53g (36.2%), Saturated Fat: 10.88g (67.97%), Carbohydrates: 50.5g (16.83%), Net Carbohydrates: 48.38g (17.59%), Sugar: 27.68g (30.75%), Cholesterol: 82.42mg (27.47%), Sodium: 325.7mg (14.16%), Alcohol: 0.13g (100%), Alcohol %: 0.13% (100%), Protein: 8.77g (17.54%), Manganese: 0.48mg (24.11%), Selenium: 16.51µg (23.59%), Vitamin B1: 0.28mg (18.54%), Folate: 60.22µg (15.05%), Vitamin A: 714.87IU (14.3%), Vitamin B2: 0.23mg (13.4%), Phosphorus: 129.74mg (12.97%), Iron: 1.55mg (8.61%), Fiber: 2.12g (8.49%), Vitamin B5: 0.81mg (8.09%), Vitamin B3: 1.44mg (7.22%), Copper: 0.14mg (7.11%), Zinc: 1.03mg (6.89%), Calcium: 63.92mg (6.39%), Magnesium: 20.74mg (5.18%), Vitamin E: 0.75mg (5.03%), Potassium: 151.94mg (4.34%), Vitamin B12: 0.23µg (3.86%), Vitamin B6: 0.07mg (3.51%), Vitamin K: 1.75µg (1.66%), Vitamin C: 0.83mg (1.01%)