



Phyllo Napoleons

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



246 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons cognac
- 1 tablespoon cornstarch
- 2.5 tablespoons cornstarch
- 3 eggs lightly beaten
- 8 sheets phyllo pastry frozen thawed
- 0.3 cup currant jelly red
- 2.7 cups skim milk divided
- 10 ounce strawberries unsweetened frozen thawed

- 0.8 cup sugar
- 2 teaspoons vanilla extract

Equipment

- food processor
- bowl
- baking sheet
- sauce pan
- oven
- knife
- sieve

Directions

- Combine 2 1/2 tablespoons cornstarch and 1/3 cup milk in a saucepan, stirring well.
- Add remaining 2 1/3 cups milk, sugar, vanilla, and eggs. Cook over medium heat, stirring constantly, until mixture comes to a boil. Cook, stirring constantly, 2 minutes or until thickened. Cover and chill.
- Place 1 sheet of phyllo on a dry surface (keep remaining phyllo covered). Coat with cooking spray.
- Layer remaining phyllo on first sheet, coating each sheet with cooking spray.
- Cut stack in half lengthwise; place 1 portion on top of the other, forming 16 layers.
- Cut stack into 8 squares; transfer to a baking sheet coated with cooking spray.
- Bake at 375 for 5 minutes.
- Separate each phyllo stack, making 6 sheets for bottom layer, 4 sheets for middle layer, and 6 sheets for top.
- Place bottom layers on individual plates; top each with 1/4 cup custard mixture. Top with middle layer and 1/4 cup custard. Top with remaining layer.
- Position knife blade in food processor bowl; add strawberries, and process until smooth.
- Pour puree through a wire-mesh strainer into a saucepan, discarding pulp.
- Add 1 tablespoon cornstarch to strawberry puree; stir well.

- Add jelly, and cook over medium heat, stirring constantly, until thickened. Cook 1 minute.
- Remove from heat; stir in Cognac.
- Drizzle over phyllo stacks.
- Garnish with berries, if desired.
- Serve immediately.

Nutrition Facts

PROTEIN 10.99% **FAT 11.2%** **CARBS 77.81%**

Properties

Glycemic Index:31.42, Glycemic Load:22.84, Inflammation Score:-4, Nutrition Score:8.3913042856299%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.81mg, Pelargonidin: 8.81mg, Pelargonidin: 8.81mg, Pelargonidin: 8.81mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 246.11kcal (12.31%), Fat: 2.95g (4.54%), Saturated Fat: 0.84g (5.27%), Carbohydrates: 46.14g (15.38%), Net Carbohydrates: 44.93g (16.34%), Sugar: 29.94g (33.27%), Cholesterol: 63.83mg (21.28%), Sodium: 153.07mg (6.66%), Alcohol: 1.6g (100%), Alcohol %: 1.06% (100%), Protein: 6.52g (13.03%), Vitamin C: 21.77mg (26.39%), Selenium: 11.69µg (16.7%), Vitamin B2: 0.27mg (15.75%), Phosphorus: 145.49mg (14.55%), Calcium: 127.29mg (12.73%), Manganese: 0.24mg (12.21%), Vitamin B1: 0.17mg (11.04%), Vitamin B12: 0.62µg (10.34%), Folate: 35.78µg (8.95%), Vitamin D: 1.23µg (8.19%), Potassium: 237.65mg (6.79%), Vitamin B5: 0.65mg (6.49%), Iron: 1.12mg (6.25%), Vitamin A: 259.95IU (5.2%), Vitamin B3: 1.03mg (5.14%), Vitamin B6: 0.1mg (5.01%), Magnesium: 19.89mg (4.97%), Zinc: 0.74mg (4.91%), Fiber: 1.22g (4.87%), Copper: 0.06mg (3.25%), Vitamin E: 0.3mg (2.03%), Vitamin K: 1.3µg (1.24%)