



Pineapple-and-Ricotta-Stuffed Napoleon

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



721 kcal

SIDE DISH

Ingredients

- 2 teaspoons honey
- 4 teaspoons honey
- 1 cup part-skim ricotta cheese
- 24 slices pineapple (1/8-inch-thick)
- 1 sheet puff pastry frozen thawed
- 1 tablespoon sugar
- 1 teaspoon vanilla extract

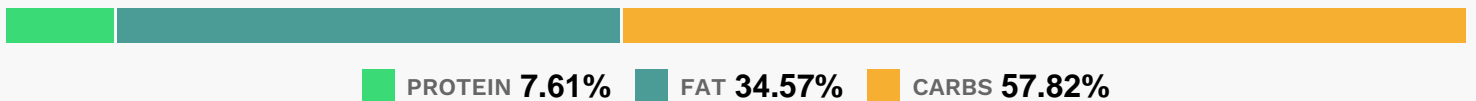
Equipment

- bowl
- baking sheet
- baking paper
- oven

Directions

- Unfold puff pastry sheet on a lightly floured surface; roll the pastry out to 1/16-inch thickness.
- Cut pastry into 9 equal squares; discard 1 square.
- Transfer pastry squares to a parchment paper-lined baking sheet. Pierce pastry squares with a fork, and sprinkle evenly with sugar; chill pastry in the fridge for 10 minutes. Meanwhile, preheat the oven to 40
- Bake the pastry squares for about 15–18 minutes or until puffed and golden; let cool. Divide 2 teaspoons honey evenly among 4 dessert plates, dabbing 1/2 teaspoon in the center of each.
- Place 1 pastry square on top of each dab of honey.
- Combine ricotta cheese with vanilla in a small bowl. Spoon 1/4 cup ricotta cheese mixture on top of each pastry square, dividing pineapple slices (6 slices per pastry) evenly among plates. Divide 4 teaspoons honey, drizzling 1 teaspoon over the pineapple slices on each plate; top each with a second pastry square.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:72.33, Glycemic Load:56.16, Inflammation Score:-9, Nutrition Score:26.925652137269%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 721.4kcal (36.07%), Fat: 28.86g (44.39%), Saturated Fat: 9.01g (56.29%), Carbohydrates: 108.6g (36.2%), Net Carbohydrates: 100.61g (36.58%), Sugar: 62.03g (68.92%), Cholesterol: 19.22mg (6.41%), Sodium: 235.59mg

(10.24%), Alcohol: 0.34g (100%), Alcohol %: 0.07% (100%), Protein: 14.29g (28.57%), Vitamin C: 240.96mg (292.08%), Manganese: 4.99mg (249.4%), Vitamin B1: 0.66mg (43.67%), Selenium: 25.78µg (36.83%), Folate: 146.76µg (36.69%), Copper: 0.65mg (32.5%), Fiber: 8g (31.98%), Vitamin B6: 0.59mg (29.63%), Vitamin B2: 0.45mg (26.75%), Vitamin B3: 5.14mg (25.69%), Calcium: 241.05mg (24.11%), Magnesium: 79.91mg (19.98%), Potassium: 671.22mg (19.18%), Phosphorus: 191.01mg (19.1%), Iron: 3.35mg (18.61%), Vitamin K: 13.82µg (13.16%), Vitamin B5: 1.23mg (12.31%), Zinc: 1.78mg (11.9%), Vitamin A: 531.01IU (10.62%), Vitamin E: 0.47mg (3.17%), Vitamin B12: 0.18µg (3%)