



Pistachio Crisps with Mascarpone Cheese and Grape Compote

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



470 kcal

DESSERT

Ingredients

- 0.3 teaspoon five spice powder chinese
- 8 servings grapes
- 5 tablespoons grape juice white frozen thawed
- 0.5 ounce mascarpone cheese
- 8 servings mint leaves fresh
- 0.5 cup pistachios shelled
- 0.5 cup powdered sugar

- 1 puff pastry frozen thawed
- 2 pounds grapes red seedless stemmed halved
- 0.5 cup sugar
- 0.5 large vanilla pod split

Equipment

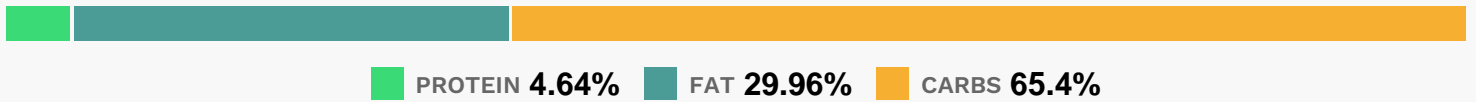
- bowl
- frying pan
- baking sheet
- baking paper
- oven
- sieve

Directions

- Stir grapes and sugar in heavy large skillet to coat.
- Let stand 5 minutes.
- Add juice concentrate and spice powder. Bring to boil over medium-high heat, stirring until sugar dissolves. Reduce heat to medium and simmer until syrup thickens enough to coat spoon, about 30 minutes.
- Pour compote into sieve set over medium bowl; drain grapes well.
- Transfer grapes to another medium bowl. Refrigerate grapes and syrup separately until cold, about 1 hour. (Can be made 1 day ahead. Cover each; keep refrigerated.)
- Place mascarpone in small bowl; sift sugar over. Scrape in seeds from vanilla bean; stir to blend. Chill at least 1 hour. (Can be made 1 day ahead. Cover and keep chilled.)
- Line 2 large rimmed baking sheets with parchment paper. Blend powdered sugar and nuts in processor until nuts are finely chopped.
- Sprinkle 10-inch square area on work surface with 1/3 cup nut sugar; top with pastry sheet.
- Sprinkle pastry with 1/3 cup nut sugar.
- Roll out pastry to 12-inch square.
- Roll up into 12-inch-long log.

- Cut into sixteen 3/4-inch-wide rounds.
- Roll out each to 4-inch-diameter round, sprinkling with more nut sugar as needed to prevent sticking. Arrange rounds on prepared sheets. Cover and chill at least 30 minutes.
- Preheat oven to 375°F.
- Bake pistachio rounds uncovered until brown on bottom and golden on top, reversing sheets after 10 minutes, about 16 minutes total.
- Transfer crisps to racks and cool. (Can be made 1 day ahead. Store airtight at room temperature.)
- Spread 2 tablespoons mascarpone cream on each of 8 crisps.
- Place on plates. Spoon cooked grapes atop cream.
- Cut 8 crisps in half.
- Drizzle each dessert with grape syrup, then garnish each with 2 crisp halves, grape cluster, and mint.
- *Italian cream cheese; available in the cheese department of many supermarkets and at Italian markets.

Nutrition Facts



Properties

Glycemic Index:30.14, Glycemic Load:35.39, Inflammation Score:-4, Nutrition Score:11.335217356682%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 1.03mg, Malvidin: 1.03mg, Malvidin: 1.03mg, Malvidin: 1.03mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 469.81kcal (23.49%), Fat: 16.47g (25.33%), Saturated Fat: 4.01g (25.07%), Carbohydrates: 80.88g (26.96%), Net Carbohydrates: 77.36g (28.13%), Sugar: 59.04g (65.61%), Cholesterol: 1.77mg (0.59%), Sodium: 83.16mg (3.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.47%), Vitamin K: 39.92µg (38.02%), Vitamin B1: 0.36mg (23.78%), Manganese: 0.45mg (22.46%), Copper: 0.45mg (22.32%), Vitamin B6: 0.35mg (17.4%), Potassium: 572.23mg (16.35%), Vitamin B2: 0.27mg (16.16%), Fiber: 3.52g (14.09%), Selenium: 8.31µg (11.88%), Iron: 2.08mg (11.54%), Phosphorus: 106.5mg (10.65%), Vitamin C: 8.44mg (10.24%), Vitamin B3: 1.86mg (9.3%), Folate: 33.75µg (8.44%), Magnesium: 32.9mg (8.22%), Vitamin E: 0.8mg (5.31%), Vitamin A: 258.63IU (5.17%), Calcium: 42.01mg (4.2%), Zinc: 0.53mg (3.5%), Vitamin B5: 0.17mg (1.68%)