



Puff Pastry Valentine Cookies

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



138 kcal

DESSERT

Ingredients

- 3 tablespoons blanched almonds and sliced
- 3 tablespoons mrs richardson's butterscotch caramel sauce
- 1 sheet puff pastry pepperidge farm®

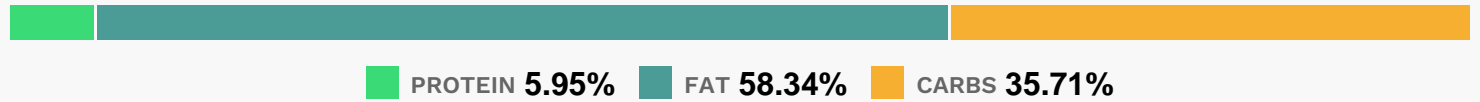
Equipment

- baking sheet
- oven
- wire rack
- cookie cutter

Directions

- Thaw pastry sheet at room temperature for 30 minutes. Preheat oven to 400 degrees F.
- Unfold pastry sheet on lightly floured surface.
- Roll into 14x10-inch rectangle.
- Cut out 12 hearts, using a 3 1/2-inch heart-shaped cookie cutter.
- Place on baking sheet.
- Brush with caramel topping and sprinkle with almonds.
- Bake 10 minutes or until golden.
- Remove from baking sheet and cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:4.67, Glycemic Load:4.98, Inflammation Score:-1, Nutrition Score:2.5591304304645%

Nutrients (% of daily need)

Calories: 138.05kcal (6.9%), Fat: 9.09g (13.99%), Saturated Fat: 2.07g (12.92%), Carbohydrates: 12.52g (4.17%), Net Carbohydrates: 11.97g (4.35%), Sugar: 3.12g (3.46%), Cholesterol: 0mg (0%), Sodium: 68.36mg (2.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.17%), Manganese: 0.15mg (7.4%), Selenium: 5.09µg (7.27%), Vitamin B1: 0.09mg (5.74%), Vitamin E: 0.71mg (4.71%), Vitamin B3: 0.94mg (4.69%), Vitamin B2: 0.08mg (4.44%), Folate: 17.25µg (4.31%), Iron: 0.6mg (3.36%), Vitamin K: 3.29µg (3.13%), Phosphorus: 26.23mg (2.62%), Magnesium: 10.22mg (2.55%), Copper: 0.05mg (2.45%), Fiber: 0.55g (2.21%), Zinc: 0.18mg (1.22%), Calcium: 10.39mg (1.04%)