



Raspberry Almond Puff Bites

 Vegetarian

READY IN



90 min.

SERVINGS



36

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 0.3 cup powdered sugar
- ☐ 1 sheet puff pastry frozen thawed (from 17.3-oz box)
- ☐ 6 oz raspberries fresh
- ☐ 0.8 cup whipping cream

Equipment

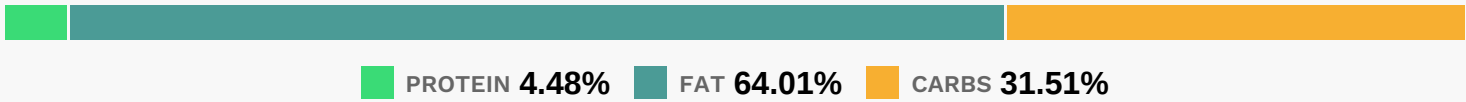
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ wire rack
- ☐ sieve
- ☐ hand mixer
- ☐ rolling pin

Directions

- ☐ Heat oven to 400F. On lightly floured surface, roll puff pastry with rolling pin into 12-inch square.
- ☐ Cut square into 6 rows by 6 rows to make 36 squares. On ungreased cookie sheet, place squares 1/2 inch apart.
- ☐ Bake 10 to 12 minutes or until puffed and golden brown.
- ☐ Remove from cookie sheet to cooling rack. Cool completely, about 15 minutes.
- ☐ Reserve 36 of the smallest raspberries. In small bowl, mash remaining raspberries (about 1/2 cup) with fork. Reserve 2 teaspoons of the powdered sugar. In medium bowl, beat whipping cream, remaining powdered sugar and the almond extract with electric mixer on high speed until stiff peaks form. Fold mashed raspberries into whipped cream.
- ☐ Split each puff pastry square into 2 layers.
- ☐ Spread about 1/2 tablespoon of the whipped cream mixture on bottom layers; replace tops. Top each square with tiny dollop (about 1/4 teaspoon) whipped cream mixture; add reserved raspberry. (If desired, squares can be refrigerated up to 2 hours at this point.) Just before serving, place reserved powdered sugar in small fine-mesh strainer, and sift over tops of squares.

Nutrition Facts



Properties

Glycemic Index:2.28, Glycemic Load:1.73, Inflammation Score:-1, Nutrition Score:1.1204347701176%

Flavonoids

Cyanidin: 2.16mg, Cyanidin: 2.16mg, Cyanidin: 2.16mg, Cyanidin: 2.16mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 61.3kcal (3.06%), Fat: 4.41g (6.79%), Saturated Fat: 1.8g (11.23%), Carbohydrates: 4.89g (1.63%), Net Carbohydrates: 4.48g (1.63%), Sugar: 1.5g (1.66%), Cholesterol: 5.6mg (1.87%), Sodium: 18.36mg (0.8%), Alcohol: 0.02g (100%), Alcohol %: 0.14% (100%), Protein: 0.69g (1.39%), Manganese: 0.07mg (3.25%), Selenium: 1.81µg (2.59%), Vitamin B1: 0.03mg (1.97%), Vitamin B2: 0.03mg (1.8%), Fiber: 0.41g (1.64%), Folate: 6.5µg (1.62%), Vitamin B3: 0.32mg (1.58%), Vitamin K: 1.62µg (1.55%), Vitamin C: 1.27mg (1.54%), Vitamin A: 74.51IU (1.49%), Iron: 0.21mg (1.18%)