



Raspberry Crème Fraîche Puff

 Vegetarian

READY IN



60 min.

SERVINGS



1

CALORIES



1483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons crème fraîche
- ☐ 2 teaspoons granulated sugar
- ☐ 1 sheet puff pastry thawed (from a)
- ☐ 0.5 cup raspberries

Equipment

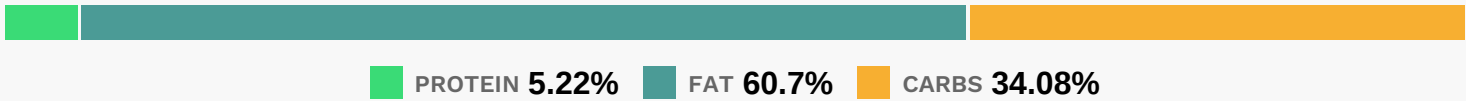
- ☐ baking sheet
- ☐ oven
- ☐ knife

- ☐ plastic wrap
- ☐ wax paper

Directions

- ☐ Put oven rack in upper third of oven and preheat oven to 400°F.
- ☐ Unfold pastry sheet and cut a 3-inch square from pastry with a sharp knife (reserve remaining pastry for another use).
- ☐ Bake pastry square on an ungreased baking sheet until golden brown, 15 to 20 minutes.
- ☐ Transfer pastry to a rack and cool completely, then cut pastry horizontally into 2 layers. Stir together crème fraîche and granulated sugar until sugar is dissolved.
- ☐ Just before serving, put bottom half of pastry on a plate and top with crème fraîche and raspberries, letting some berries spill onto plate. Cover with top half of pastry and dust with confectioners sugar.
- ☐ Thawed pastry keeps, wrapped first in wax paper and then in plastic wrap, chilled, 2 days.

Nutrition Facts



Properties

Glycemic Index:152.09, Glycemic Load:66.25, Inflammation Score:-7, Nutrition Score:26.876956276272%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 1483.23kcal (74.16%), Fat: 100.74g (154.99%), Saturated Fat: 27.27g (170.45%), Carbohydrates: 127.27g (42.42%), Net Carbohydrates: 119.69g (43.53%), Sugar: 13.68g (15.2%), Cholesterol: 21.24mg (7.08%), Sodium: 621.89mg (27.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.48g (38.97%), Selenium: 60.79µg (86.84%), Manganese: 1.6mg (80.09%), Vitamin B1: 1mg (66.77%), Vitamin B3: 10.6mg (53.02%), Folate: 205.86µg (51.47%), Vitamin B2: 0.78mg (45.77%), Vitamin K: 44.67µg (42.54%), Iron: 6.72mg (37.31%), Fiber: 7.57g (30.3%), Vitamin C: 16.04mg (19.45%), Phosphorus: 191.76mg (19.18%), Copper: 0.34mg (17.02%), Magnesium: 56mg (14%), Vitamin E: 1.98mg (13.21%), Zinc: 1.67mg (11.13%), Potassium: 285.21mg (8.15%), Calcium: 75.94mg (7.59%), Vitamin B6: 0.1mg (4.96%), Vitamin A: 246.53IU (4.93%), Vitamin B5: 0.32mg (3.18%), Vitamin B12: 0.08µg (1.26%)