



 **70%**
HEALTH SCORE

Raspberry-Lemonade "Cream Puffs"

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



4169 kcal

BEVERAGE

DRINK

Ingredients

- 2 oz philadelphia cream cheese softened ()
- 5 oz evaporated milk canned
- 3 oz jell-o lemon flavor gelatin
- 1 lemon zest
- 0.3 cup powdered sugar
- 17.3 oz puff pastry frozen thawed (2 sheets)
- 2 cups raspberries
- 0.3 cup water boiling

- 1 tsp water cold
- 8 oz cool whip whipped topping thawed

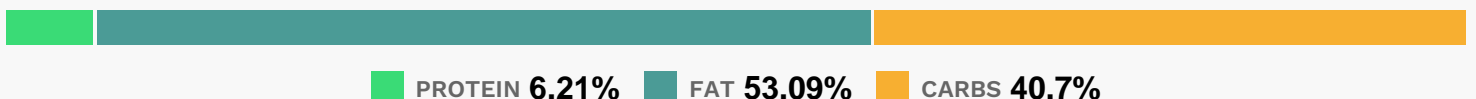
Equipment

- bowl
- baking sheet
- oven
- blender
- ziploc bags

Directions

- Heat oven to 400F.
- Unfold 1 pastry sheet on lightly floured surface; cut crosswise into thirds, following fold lines in pastry.
- Cut each piece crosswise into 6 rectangles.
- Place, 2 inches apart, on baking sheet. Repeat with remaining pastry sheet.
- Bake 10 min.
- Remove to wire racks; cool completely. Meanwhile, add boiling water and lemon zest to gelatin mix in medium bowl; stir 2 min. until completely dissolved. Stir in milk. Refrigerate 15 min. or until thickened but not set.
- Beat gelatin mixture with mixer 2 min. or until about doubled in volume. Gently stir in COOL WHIP. Refrigerate 20 min.
- Stir raspberries into gelatin mixture. Split pastries; fill with gelatin mixture.
- Mix cream cheese, powdered sugar and cold water until blended; spoon into resealable plastic bag.
- Cut small piece off one bottom corner of bag; use to drizzle cream cheese mixture over pastries.

Nutrition Facts



Properties

Glycemic Index:109, Glycemic Load:123.96, Inflammation Score:-10, Nutrition Score:62.295652366203%

Flavonoids

Cyanidin: 109.85mg, Cyanidin: 109.85mg, Cyanidin: 109.85mg, Cyanidin: 109.85mg Petunidin: 0.74mg, Petunidin: 0.74mg, Petunidin: 0.74mg, Petunidin: 0.74mg Delphinidin: 3.17mg, Delphinidin: 3.17mg, Delphinidin: 3.17mg, Delphinidin: 3.17mg Malvidin: 0.31mg, Malvidin: 0.31mg, Malvidin: 0.31mg, Malvidin: 0.31mg Pelargonidin: 2.35mg, Pelargonidin: 2.35mg, Pelargonidin: 2.35mg, Pelargonidin: 2.35mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 3.14mg, Catechin: 3.14mg, Catechin: 3.14mg, Catechin: 3.14mg Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg Epigallocatechin 3-gallate: 1.3mg, Epigallocatechin 3-gallate: 1.3mg, Epigallocatechin 3-gallate: 1.3mg, Epigallocatechin 3-gallate: 1.3mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 4168.55kcal (208.43%), Fat: 248.37g (382.11%), Saturated Fat: 90.93g (568.32%), Carbohydrates: 428.51g (142.84%), Net Carbohydrates: 404.91g (147.24%), Sugar: 186.89g (207.66%), Cholesterol: 102.91mg (34.3%), Sodium: 2115.69mg (91.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.35g (130.7%), Manganese: 4.03mg (201.33%), Selenium: 138.67µg (198.1%), Vitamin B1: 2.16mg (144%), Vitamin B2: 2.31mg (135.7%), Folate: 459.53µg (114.88%), Vitamin B3: 22.46mg (112.31%), Vitamin K: 106.98µg (101.89%), Phosphorus: 1000.75mg (100.08%), Fiber: 23.59g (94.37%), Vitamin C: 73.31mg (88.86%), Iron: 14.95mg (83.04%), Calcium: 707.85mg (70.78%), Copper: 0.95mg (47.45%), Magnesium: 189.51mg (47.38%), Vitamin E: 6.6mg (44%), Potassium: 1411.13mg (40.32%), Zinc: 5.24mg (34.95%), Vitamin A: 1355.18IU (27.1%), Vitamin B5: 2.05mg (20.48%), Vitamin B6: 0.39mg (19.71%), Vitamin B12: 0.81µg (13.42%)