



Rhubarb Napoleons

READY IN



45 min.

SERVINGS



4

CALORIES



842 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons orange juice
- ☐ 2 teaspoons orange zest grated
- ☐ 4 servings powdered sugar
- ☐ 1 sheet puff pastry frozen thawed (half of 17.3-ounce package)
- ☐ 1 tablespoon currant jelly red
- ☐ 1 pound rhubarb cut into 1/2-inch pieces (3 cups)
- ☐ 0.7 cup sugar
- ☐ 2 tablespoons butter unsalted ()

- ☐ 1 pint whipped cream

Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ spatula

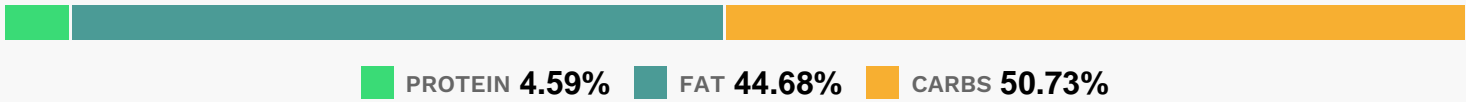
Directions

- ☐ Preheat oven to 400°F. Using 1/2 tablespoon butter, generously butter 1 baking sheet. Unfold pastry on work surface; sprinkle with 2 tablespoons sugar.
- ☐ Roll out pastry to 11-inch square. Trim edges to form 10-inch square.
- ☐ Cut square into four 5-inch squares.
- ☐ Cut squares diagonally in half to form 8 triangles.
- ☐ Transfer triangles, sugar side up, to prepared baking sheet. Using remaining 1 1/2 tablespoons butter, generously butter underside of second baking sheet.
- ☐ Place second sheet, buttered side down, atop pastry triangles.
- ☐ Bake pastry triangles 15 minutes; press top baking sheet down to flatten.
- ☐ Bake until pastries are golden brown, about 10 minutes longer.
- ☐ Remove top baking sheet. Using metal spatula, transfer pastries to rack and cool completely.
- ☐ Combine rhubarb, 2/3 cup sugar, orange juice, cornstarch and grated orange peel in medium saucepan; stir to blend.
- ☐ Let stand until juices form, about 10 minutes. Cook over medium-high heat until rhubarb is tender but still intact, stirring gently, about 7 minutes. Gently stir in red currant jelly. Cool 5 minutes. (Pastries and filling can be prepared 1 day ahead. Store pastries airtight at room temperature. Cover and refrigerate filling. Rewarm filling before using.)
- ☐ Arrange 1 pastry triangle on each of 4 plates; top with rhubarb filling, then remaining 4 pastry triangles.
- ☐ Sprinkle with powdered sugar. Scoop ice cream alongside each napoleon.
- ☐ Garnish with orange peel strips and mint, if desired.

☐

Serve napoleons immediately.

Nutrition Facts



Properties

Glycemic Index:76.77, Glycemic Load:57.47, Inflammation Score:-6, Nutrition Score:15.656956454982%

Flavonoids

Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 842.13kcal (42.11%), Fat: 42.38g (65.21%), Saturated Fat: 17.6g (109.98%), Carbohydrates: 108.28g (36.09%), Net Carbohydrates: 104.3g (37.93%), Sugar: 71.01g (78.9%), Cholesterol: 67.1mg (22.37%), Sodium: 254.84mg (11.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.79g (19.58%), Vitamin K: 43.94µg (41.85%), Vitamin B2: 0.51mg (29.93%), Manganese: 0.54mg (26.84%), Selenium: 18.69µg (26.7%), Calcium: 260.74mg (26.07%), Vitamin B1: 0.32mg (21.66%), Vitamin C: 15.83mg (19.19%), Phosphorus: 181.38mg (18.14%), Potassium: 624.89mg (17.85%), Folate: 65.24µg (16.31%), Vitamin A: 810.43IU (16.21%), Fiber: 3.98g (15.94%), Vitamin B3: 3.08mg (15.39%), Iron: 2.01mg (11.14%), Magnesium: 41.52mg (10.38%), Zinc: 1.28mg (8.5%), Vitamin B5: 0.81mg (8.13%), Vitamin B12: 0.47µg (7.89%), Vitamin E: 1.17mg (7.77%), Copper: 0.14mg (6.78%), Vitamin B6: 0.1mg (5.16%), Vitamin D: 0.34µg (2.28%)