



Ricotta-Strawberry Napoleons



Vegetarian

READY IN



60 min.

SERVINGS



5

CALORIES



391 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 1.5 teaspoons canola oil
- ☐ 1.5 teaspoons grand marnier orange-flavored (liqueur)
- ☐ 1 tablespoon granulated sugar
- ☐ 2 tablespoons granulated sugar
- ☐ 1.5 tablespoons honey
- ☐ 1 cup part-skim ricotta cheese (such as Calabro)
- ☐ 14 sheets phyllo dough frozen thawed (14 x 9inch)

- ☐ 2 tablespoons slivered almonds toasted
- ☐ 2 cups strawberries chopped
- ☐ 2 tablespoons sugar

Equipment

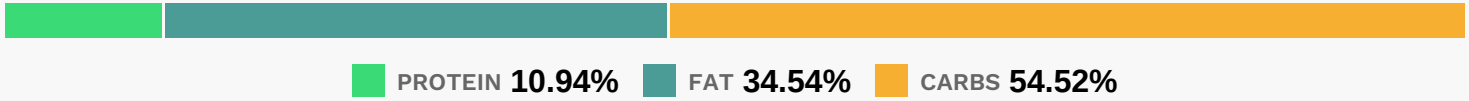
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ pizza cutter

Directions

- ☐ Preheat oven to 350
- ☐ Place almonds in a mini chopper; process until finely ground.
- ☐ Add granulated sugar; pulse to combine.
- ☐ Line a baking sheet with parchment paper.
- ☐ Place 1 phyllo sheet on pan (cover remaining phyllo to prevent drying).
- ☐ Combine butter and oil; brush lightly over phyllo.
- ☐ Sprinkle phyllo sheet with about 1 1/2 tablespoons almond mixture. Top with another phyllo sheet; brush lightly with butter mixture, and sprinkle with remaining almond mixture. Top with another phyllo sheet; brush lightly with butter mixture, and sprinkle with turbinado sugar. Using a sharp knife or pizza cutter, cut phyllo into 15 (3 x 2 3/4-inch) pieces. Separate phyllo pieces on baking sheet. Cover the phyllo with another sheet of parchment paper. Top with another baking sheet.
- ☐ Bake at 350 for 10 minutes or until golden brown. Carefully remove top baking sheet and parchment paper. Cool phyllo on a wire rack.
- ☐ Combine ricotta and honey.
- ☐ Combine berries, 1 tablespoon granulated sugar, and liqueur; let stand for 10 minutes.

Place 1 phyllo piece on each of 5 dessert plates; top each with 1 1/2 tablespoons ricotta mixture and about 2 tablespoons strawberry mixture. Repeat layers once; top each with 1 phyllo piece.

Nutrition Facts



Properties

Glycemic Index:66.09, Glycemic Load:19.33, Inflammation Score:-6, Nutrition Score:12.585652179044%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.31mg, Pelargonidin: 14.31mg, Pelargonidin: 14.31mg, Pelargonidin: 14.31mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 390.51kcal (19.53%), Fat: 15.05g (23.16%), Saturated Fat: 6.35g (39.72%), Carbohydrates: 53.46g (17.82%), Net Carbohydrates: 50.78g (18.47%), Sugar: 20.85g (23.16%), Cholesterol: 27.42mg (9.14%), Sodium: 356.17mg (15.49%), Alcohol: 0.39g (100%), Alcohol %: 0.26% (100%), Protein: 10.73g (21.46%), Vitamin C: 33.9mg (41.09%), Selenium: 21.23µg (30.32%), Manganese: 0.58mg (28.99%), Vitamin B1: 0.32mg (21.37%), Vitamin B2: 0.34mg (19.84%), Folate: 69.14µg (17.29%), Phosphorus: 165.47mg (16.55%), Calcium: 163.13mg (16.31%), Iron: 2.36mg (13.11%), Vitamin B3: 2.58mg (12.92%), Vitamin E: 1.61mg (10.72%), Fiber: 2.68g (10.7%), Magnesium: 34.09mg (8.52%), Zinc: 1.15mg (7.68%), Copper: 0.14mg (7.16%), Vitamin A: 337.36IU (6.75%), Potassium: 225.42mg (6.44%), Vitamin K: 4.19µg (3.99%), Vitamin B5: 0.38mg (3.82%), Vitamin B6: 0.06mg (3.01%), Vitamin B12: 0.15µg (2.56%)