

Spooky Pastry Puffs



Vegetarian

READY IN

ready

70 min.

SERVINGS

servings

10

CALORIES

calories

241 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup spiced apple butter
- ☐ 0.3 cup apple cider
- ☐ 2 tablespoons brown sugar
- ☐ 4 tablespoons butter melted
- ☐ 2 apples green thinly sliced soak apples in lemon water to keep them from browning
- ☐ 1 sheet puff pastry from a package of 2
- ☐ 0.3 teaspoon pumpkin pie spice
- ☐ 0.5 tablespoon rum extract

☐ 10 servings whipped topping in a can

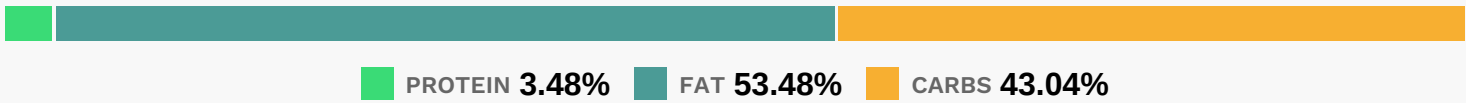
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter
- ☐ cutting board

Directions

- ☐ Preheat oven to 420 degrees F. Thaw puff pastry in refrigerator
- ☐ For the filling: Melt butter in a pan.
- ☐ Add the apples and toss so they are covered with the melted butter.
- ☐ Add brown sugar, rum extract, pumpkin pie spice and apple cider. Stir over heat until thick.
- ☐ Lay 1 sheet of puff pastry flat on a cutting board.
- ☐ Cut puff pastry with Halloween shaped cookie cutters like bats, pumpkins and ghosts.
- ☐ Place cutout shapes on an ungreased cookie sheet. Make sure there is enough room between shapes for them to puff-up.
- ☐ Bake in the oven for 20 minutes.
- ☐ When puff pastry has been baked carefully cut each shape in half like a sandwich.
- ☐ Spread apple butter on bottom half of puff pastry.
- ☐ Layer apple filling on top of the apple butter. Put whipped topping on top of apple filling.
- ☐ Place top half of puff pasty on whipped cream to complete the sandwich.
- ☐ Sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:7.67, Inflammation Score:-2, Nutrition Score:3.4221739289553%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 3.11mg, Epicatechin: 3.11mg, Epicatechin: 3.11mg, Epicatechin: 3.11mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 241.46kcal (12.07%), Fat: 14.59g (22.44%), Saturated Fat: 5.77g (36.08%), Carbohydrates: 26.41g (8.8%), Net Carbohydrates: 24.93g (9.07%), Sugar: 13.1g (14.55%), Cholesterol: 12.13mg (4.04%), Sodium: 103.74mg (4.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.27%), Manganese: 0.19mg (9.6%), Selenium: 6.19µg (8.84%), Vitamin B1: 0.11mg (7.19%), Fiber: 1.48g (5.9%), Vitamin B3: 1.08mg (5.41%), Vitamin B2: 0.09mg (5.23%), Folate: 20.68µg (5.17%), Vitamin K: 5.42µg (5.16%), Iron: 0.76mg (4.2%), Vitamin A: 166.49IU (3.33%), Copper: 0.05mg (2.59%), Phosphorus: 25.21mg (2.52%), Potassium: 84.08mg (2.4%), Vitamin E: 0.36mg (2.39%), Vitamin C: 1.84mg (2.23%), Magnesium: 7.41mg (1.85%), Vitamin B6: 0.03mg (1.45%), Calcium: 14.11mg (1.41%), Zinc: 0.17mg (1.11%)