



Strawberries & cream layer

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



960 kcal

SIDE DISH

Ingredients

- ☐ 375 g puff pastry
- ☐ 4 tbsp powdered sugar
- ☐ 1 vanilla extract
- ☐ 284 ml double cream
- ☐ 140 g brown sugar
- ☐ 450 g strawberries wild ripe

Equipment

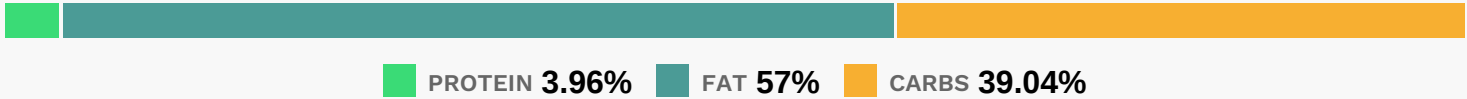
- ☐ baking sheet

- ☐ oven
- ☐ grill

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Roll the pastry out to a square about 30 x 30cm.
- ☐ Lay on a large baking sheet, place another sheet on top and bake for about 20 mins until golden.
- ☐ Heat the grill to high, dust the pastry liberally with icing sugar and carefully caramelize under the grill. Dust with another layer of icing sugar and return to the grill to caramelize again. While warm, cut the pastry biscuits into 12 neat rectangles, trimming the edges as you go. These can now be kept in an airtight container for a day.
- ☐ Halve or quarter the strawberries, depending on their size, then dust with a little icing sugar and set aside. Split the vanilla pod and scrape the seeds into the cream, then whip lightly with the caster sugar until it just holds its shape.
- ☐ To assemble, place a blob of cream on each plate and, at jaunty angles, stack the biscuits, cream and strawberries.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:25.45, Inflammation Score:-8, Nutrition Score:18.363043303075%

Flavonoids

Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 27.96mg, Pelargonidin: 27.96mg, Pelargonidin: 27.96mg, Pelargonidin: 27.96mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.5mg, Catechin: 3.5mg, Catechin: 3.5mg, Catechin: 3.5mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.29mg,

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Nutrients (% of daily need)

Calories: 960.24kcal (48.01%), Fat: 61.84g (95.14%), Saturated Fat: 25.48g (159.28%), Carbohydrates: 95.3g (31.77%), Net Carbohydrates: 91.64g (33.33%), Sugar: 50.09g (55.65%), Cholesterol: 80.71mg (26.9%), Sodium: 263.83mg (11.47%), Alcohol: 0.09g (100%), Alcohol %: 0.03% (100%), Protein: 9.67g (19.34%), Vitamin C: 66.58mg (80.7%), Manganese: 0.92mg (45.79%), Selenium: 25.75µg (36.78%), Vitamin B1: 0.41mg (27.63%), Folate: 103.33µg (25.83%), Vitamin B2: 0.43mg (25.06%), Vitamin B3: 4.43mg (22.14%), Vitamin A: 1064.37IU (21.29%), Vitamin K: 19.85µg (18.91%), Iron: 3.19mg (17.7%), Fiber: 3.66g (14.63%), Phosphorus: 126.09mg (12.61%), Calcium: 103.67mg (10.37%), Vitamin E: 1.49mg (9.93%), Potassium: 344.25mg (9.84%), Magnesium: 37.8mg (9.45%), Copper: 0.19mg (9.3%), Vitamin D: 1.14µg (7.62%), Vitamin B6: 0.11mg (5.6%), Zinc: 0.84mg (5.58%), Vitamin B5: 0.37mg (3.69%), Vitamin B12: 0.11µg (1.9%)