



Strawberry-Blueberry Napoleons

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



521 kcal

SIDE DISH

Ingredients

- ☐ 0.7 cup balsamic vinegar
- ☐ 2 pint blueberries fresh
- ☐ 1 cup cup heavy whipping cream chilled
- ☐ 1 pound mascarpone cheese
- ☐ 0.8 pound sheets dough fresh frozen thawed ()
- ☐ 12 servings powdered sugar
- ☐ 3 pint strawberries fresh hulled thinly sliced
- ☐ 16 teaspoons sugar

- ☐ 6 tablespoons butter unsalted melted ()
- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ kitchen towels
- ☐ spatula
- ☐ drinking straws

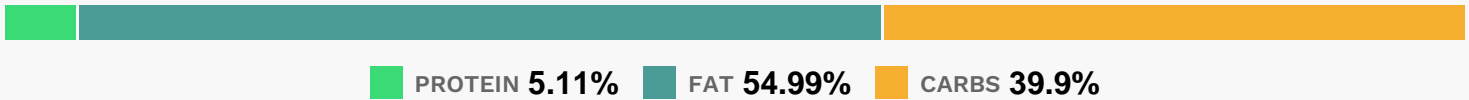
Directions

- ☐ Preheat oven to 350°F. Line 2 large baking sheets with parchment paper.
- ☐ Place 1 phyllo sheet on work surface (cover remaining phyllo with plastic wrap, then damp kitchen towel).
- ☐ Brush phyllo sheet with some melted butter and sprinkle with 1/2 teaspoon sugar. Top with second phyllo sheet.
- ☐ Brush with some melted butter and sprinkle with 1/2 teaspoon sugar. Repeat with 2 more phyllo sheets, brushing each with melted butter and sprinkling each with 1/2 teaspoon sugar.
- ☐ Cut phyllo stack in half lengthwise; cut crosswise into thirds, creating six 4 1/4-inch squares.
- ☐ Transfer squares to 1 prepared baking sheet, spacing evenly apart. Repeat with 4 more phyllo sheets to create 6 more squares; transfer to second baking sheet, spacing evenly apart.
- ☐ Bake phyllo until light golden, about 7 minutes. Using spatula, transfer phyllo stacks to rack and cool completely. Repeat with remaining phyllo sheets, butter, and sugar to make 36 squares total. (Phyllo squares can be made up to 2 days ahead. Store between layers of waxed paper in airtight container at room temperature.)
- ☐ Bring vinegar and 4 teaspoons sugar to boil in small saucepan over medium-high heat. Reduce heat to low and simmer until syrupy and reduced to 1/4 cup, about 25 minutes.

Refrigerate until cold, about 1 hour. (Can be prepared 1 day ahead. Refrigerate.)

- ☐ Beat mascarpone, cream, vanilla extract, and remaining 1/2 cup sugar in large mixing bowl until stiff peaks form. (Mascarpone filling can be prepared 1 day ahead. Cover and refrigerate.)
- ☐ Set aside 1/4 of strawberries and blueberries for garnish.
- ☐ Place 12 phyllo squares on work surface.
- ☐ Spread each with 1 tablespoon mascarpone filling. Cover with remaining sliced strawberries.
- ☐ Spread 1 tablespoon filling over strawberries.
- ☐ Place another 12 phyllo squares atop filling with corners slightly askew to bottom square.
- ☐ Spread each square with 1 tablespoon filling. Cover with remaining blueberries.
- ☐ Spread 1 more tablespoon filling over blueberries. Top with final 12 phyllo squares with corners slightly askew to middle square. (Can be made 3 hours ahead.
- ☐ Place napoleons on 2 large baking sheets. Cover and refrigerate.)
- ☐ Spoon dollop of filling atop each napoleon.
- ☐ Garnish with reserved straw-berry slices and blueberries. Dust with powdered sugar.
- ☐ Place 1 napoleon in center of each plate.
- ☐ Drizzle balsamic reduction around edge of plates.
- ☐ *Italian cream cheese, available at Italian markets and many supermarkets.

Nutrition Facts



Properties

Glycemic Index:19.84, Glycemic Load:16.9, Inflammation Score:-8, Nutrition Score:14.43695671662%

Flavonoids

Cyanidin: 8.66mg, Cyanidin: 8.66mg, Cyanidin: 8.66mg, Cyanidin: 8.66mg Petunidin: 25mg, Petunidin: 25mg, Petunidin: 25mg, Petunidin: 25mg Delphinidin: 28.31mg, Delphinidin: 28.31mg, Delphinidin: 28.31mg, Delphinidin: 28.31mg Malvidin: 53.32mg, Malvidin: 53.32mg, Malvidin: 53.32mg, Malvidin: 53.32mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 16.06mg, Peonidin: 16.06mg, Peonidin: 16.06mg, Peonidin: 16.06mg Catechin: 7.85mg, Catechin: 7.85mg, Catechin: 7.85mg, Catechin: 7.85mg Epigallocatechin: 1.44mg, Epigallocatechin: 1.44mg, Epigallocatechin: 1.44mg, Epigallocatechin: 1.44mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epicatechin 3-gallate: 0.18mg,

Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg Myricetin: 1.07mg, Myricetin: 1.07mg, Myricetin: 1.07mg, Myricetin: 1.07mg Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 521.33kcal (26.07%), Fat: 32.18g (49.51%), Saturated Fat: 19.2g (119.99%), Carbohydrates: 52.55g (17.52%), Net Carbohydrates: 47.75g (17.36%), Sugar: 29.62g (32.91%), Cholesterol: 75.26mg (25.09%), Sodium: 169.35mg (7.36%), Alcohol: 0.23g (100%), Alcohol %: 0.09% (100%), Protein: 6.73g (13.46%), Vitamin C: 77.33mg (93.73%), Manganese: 0.88mg (43.88%), Vitamin A: 1052.45IU (21.05%), Fiber: 4.8g (19.19%), Vitamin K: 19.66µg (18.72%), Folate: 59.07µg (14.77%), Vitamin B1: 0.22mg (14.36%), Vitamin B2: 0.2mg (11.64%), Selenium: 7.9µg (11.29%), Calcium: 98.5mg (9.85%), Vitamin B3: 1.96mg (9.8%), Iron: 1.75mg (9.71%), Potassium: 300.33mg (8.58%), Vitamin E: 1.16mg (7.73%), Phosphorus: 75.03mg (7.5%), Copper: 0.14mg (6.94%), Magnesium: 27.67mg (6.92%), Vitamin B6: 0.11mg (5.62%), Vitamin B5: 0.39mg (3.9%), Zinc: 0.5mg (3.32%), Vitamin D: 0.42µg (2.82%)