



Strawberry Heart Pillows

 Dairy Free

READY IN



80 min.

SERVINGS



20

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 puff pastry frozen thawed
- 1 oz baker's semi-sweet chocolate melted
- 4 large strawberries cut into 4 slices
- 0.3 cup strawberry jam
- 1 cup cool whip whipped topping divided thawed

Equipment

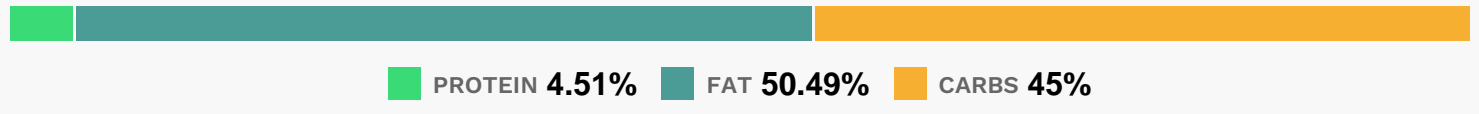
- baking sheet
- oven

cookie cutter

Directions

- Heat oven to 350F.
- Unfold pastry.
- Cut into 16 hearts with 2-inch heart-shaped cookie cutter.
- Place on baking sheet.
- Bake 20 min. or until golden brown.
- Remove to wire racks; cool completely.
- Cut each heart horizontally in half.
- Spread 1 tsp. jam onto bottom half of each heart; top with 1 Tbsp. COOL WHIP and a strawberry slice. Cover with tops of hearts.
- Drizzle with chocolate.

Nutrition Facts



Properties

Glycemic Index:7.55, Glycemic Load:5.23, Inflammation Score:-1, Nutrition Score:1.805652162627%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.34mg, Pelargonidin: 1.34mg, Pelargonidin: 1.34mg, Pelargonidin: 1.34mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 101.59kcal (5.08%), Fat: 5.72g (8.8%), Saturated Fat: 1.92g (11.99%), Carbohydrates: 11.47g (3.82%), Net Carbohydrates: 11g (4%), Sugar: 4.51g (5.01%), Cholesterol: 0.16mg (0.05%), Sodium: 35.21mg (1.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Manganese: 0.1mg (5.08%), Selenium: 3.31µg (4.73%), Vitamin C: 3.67mg (4.45%), Vitamin B1: 0.05mg (3.48%), Folate: 11.59µg (2.9%), Vitamin B3: 0.55mg (2.75%), Vitamin B2: 0.04mg (2.6%), Iron: 0.46mg (2.54%), Vitamin K: 2.31µg (2.2%), Copper: 0.04mg (2.01%), Fiber: 0.47g (1.87%), Phosphorus: 16.18mg (1.62%), Magnesium: 5.65mg (1.41%)