



Strawberry Passion-Fruit Sables

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



1590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 apricots pitted cut into pieces
- ☐ 1.3 cups powdered sugar
- ☐ 2 large egg yolk
- ☐ 2 cups flour all-purpose
- ☐ 6 fruit
- ☐ 2 tablespoons granulated sugar
- ☐ 2 teaspoons grenadine syrup
- ☐ 1.5 cups cup heavy whipping cream chilled

- ☐ 1 mangos peeled
- ☐ 1 peaches pitted cut into pieces
- ☐ 1.5 lb strawberries trimmed halved lengthwise (1-inch)
- ☐ 1.8 sticks butter unsalted softened ()
- ☐ 0.3 cup water

Equipment

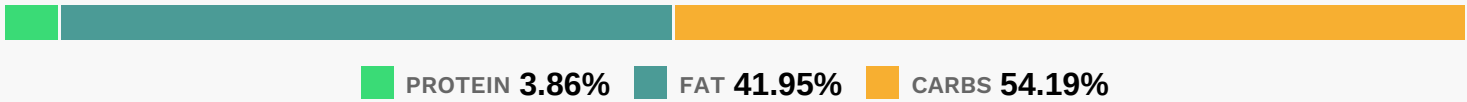
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ rolling pin

Directions

- ☐ Beat together butter, confectioners sugar, and yolks with an electric mixer at low speed until just combined. Increase speed to medium-high and beat until pale and fluffy. Reduce speed to medium and beat in flour until just combined. Form dough into a disk and chill, wrapped in plastic wrap, at least 1 hour.
- ☐ Purée peach, apricot, and half of mango (save remaining for filling) with superfine sugar and boiling water in a blender until smooth, then force through a fine-mesh sieve into a bowl, discarding solids. Chill coulis, loosely covered.
- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Let dough stand at room temperature until just soft enough to roll out, about 10 minutes.
- ☐ Roll out dough on a lightly floured surface with a lightly floured rolling pin to 3/4 inch thick.
- ☐ Cut out 8 rounds with ring mold and arrange, about 1 inch apart, on an ungreased baking sheet. (Chill scraps for another use.)

- ☐ Bake cookies until edges are beginning to brown and tops are still very pale, about 10 minutes. Cool cookies on a rack.
- ☐ Halve passion fruits crosswise and scrape pulp with seeds into cleaned blender.
- ☐ Add remaining half of mango, grenadine (if using), and superfine sugar, then purée. Force purée through sieve into a large bowl. Beat in cream with cleaned beaters at high speed until it just holds stiff peaks.
- ☐ Divide coulis among 4 plates. Center 1 cookie in coulis on 1 plate.
- ☐ Place ring mold used to cut dough on top of cookie. Arrange strawberry halves cut sides against inside of mold and points of berries pointing up. Spoon one fourth of cream filling into center of mold, then remove ring and top with a cookie. Dust top with confectioners sugar. Assemble 3 more sablés in same manner.
- ☐
 - Sablé cookies can be baked 3 days ahead and cooled completely, then kept in an airtight container at room temperature.
 - Coulis can be prepared 4 hours ahead and chilled, covered.
 - Passion-fruit purée, without cream, can be prepared 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:104.69, Glycemic Load:49.78, Inflammation Score:-10, Nutrition Score:38.116086876911%

Flavonoids

Cyanidin: 3.63mg, Cyanidin: 3.63mg, Cyanidin: 3.63mg, Cyanidin: 3.63mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 42.28mg, Pelargonidin: 42.28mg, Pelargonidin: 42.28mg, Pelargonidin: 42.28mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 8.35mg, Catechin: 8.35mg, Catechin: 8.35mg, Catechin: 8.35mg Epigallocatechin: 1.72mg, Epigallocatechin: 1.72mg, Epigallocatechin: 1.72mg, Epigallocatechin: 1.72mg Epicatechin: 2.01mg, Epicatechin: 2.01mg, Epicatechin: 2.01mg, Epicatechin: 2.01mg Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 1589.71kcal (79.49%), Fat: 76.72g (118.03%), Saturated Fat: 46.98g (293.63%), Carbohydrates: 222.94g (74.31%), Net Carbohydrates: 205.48g (74.72%), Sugar: 144.66g (160.73%), Cholesterol: 298.94mg (99.65%), Sodium: 78.21mg (3.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.9g (31.79%), Vitamin C: 136.65mg (165.64%), Vitamin A: 5579.61IU (111.59%), Fiber: 17.45g (69.82%), Manganese: 1.34mg (66.83%), Folate: 211.45µg (52.86%), Vitamin B2: 0.78mg (45.97%), Vitamin B1: 0.67mg (44.92%), Selenium: 31.2µg (44.57%), Vitamin K: 44.94µg (42.8%), Copper: 0.8mg (40.1%), Vitamin B3: 7.77mg (38.87%), Iron: 6.29mg (34.97%), Potassium: 1190.9mg (34.03%), Phosphorus: 303.73mg (30.37%), Vitamin E: 3.54mg (23.57%), Magnesium: 86.59mg (21.65%), Vitamin B6: 0.35mg (17.68%), Vitamin D: 2.63µg (17.52%), Calcium: 161.49mg (16.15%), Vitamin B5: 1.48mg (14.8%), Zinc: 1.9mg (12.65%), Vitamin B12: 0.39µg (6.54%)