



Strawberry-Rhubarb Napoleons with Creme Fraiche Ice Cream

 Vegetarian

READY IN



85 min.

SERVINGS



4

CALORIES



1236 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 2 cups crème fraîche
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 cups milk
- ☐ 2 tablespoons orange juice fresh
- ☐ 1 tablespoon orange zest grated
- ☐ 1 sheet puff pastry frozen thawed (half a 17.3-ounce package)

- ☐ 1 pound rhubarb cut into 1/2-inch pieces (3 cups)
- ☐ 2 pints strawberries divided sliced
- ☐ 1 cup sugar
- ☐ 1.3 cups sugar
- ☐ 3 tablespoons sugar divided

Equipment

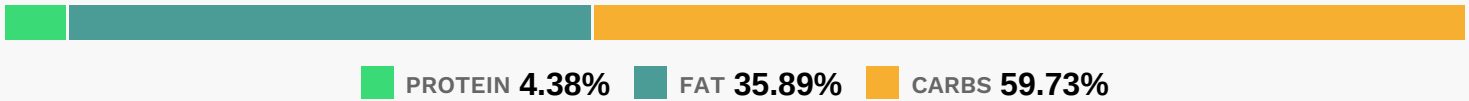
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ ice cream machine
- ☐ serrated knife

Directions

- ☐ Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.
- ☐ Unfold the pastry sheet on your work surface. If the pastry sticks a bit, dust with some flour.
- ☐ Roll the dough out to about a 10-inch square.
- ☐ Cut the square into 4 (5-inch) squares, then cut these in half diagonally to make 8 triangles. Evenly sprinkle all the triangles with the 2 tablespoons sugar.
- ☐ Put the triangles, sugar-side up, on the baking sheet. Pop in the oven and bake until nicely puffed and golden brown, about 25 minutes.
- ☐ Let cool. Slice in half horizontally (a serrated knife is best for this job).
- ☐ Put a halved triangle on your serving plate.
- ☐ Spread some Strawberry-Rhubarb filling on top, stack another halved triangle and more filling on top of that and repeat to make 4 layers total.

- ☐ Sprinkle with powdered sugar and serve with more sauce on the side. Scoop some Creme Fraiche Ice Cream alongside.
- ☐ Serve the napoleons immediately.
- ☐ Whisk the sugar and cornstarch in a small bowl, making sure there are no lumps.
- ☐ Add the rhubarb, sugar-cornstarch mixture, orange zest and juice and half the strawberries to a saucepan. Give it a good stir.
- ☐ Let this mixture sit about 15 minutes off the heat so it macerates (gets nice and juicy). Then put the pan over medium-high heat and let cook until the rhubarb is tender but still holds its shape, giving it a stir now and then, about 7 minutes.
- ☐ Let it cool for about 15 minutes, and then stir in the rest of the strawberries.
- ☐ Pour the milk into a large bowl, add the 2 tablespoons lemon juice and let it sit for a couple of minutes.
- ☐ Add the creme fraiche, the remaining 1/3 cup lemon juice and the sugar. Give it a whisk until thoroughly combined.
- ☐ Pour into an ice cream maker and churn as per the manufacturer's instructions, then pop in the freezer until it's firm.

Nutrition Facts



Properties

Glycemic Index:102.32, Glycemic Load:111.08, Inflammation Score:-9, Nutrition Score:28.487391264542%

Flavonoids

Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 9.82mg, Catechin: 9.82mg, Catechin: 9.82mg, Catechin: 9.82mg Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epicatechin 3-gallate: 1.04mg, Epicatechin 3-gallate: 1.04mg, Epicatechin 3-gallate: 1.04mg, Epicatechin 3-gallate: 1.04mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 2.1mg, Hesperetin: 2.1mg, Hesperetin: 2.1mg, Hesperetin: 2.1mg Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg

Naringenin: 0.9mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 1236.28kcal (61.81%), Fat: 50.93g (78.35%), Saturated Fat: 19.89g (124.32%), Carbohydrates: 190.73g (63.58%), Net Carbohydrates: 182.82g (66.48%), Sugar: 149.38g (165.98%), Cholesterol: 82.49mg (27.5%), Sodium: 243.07mg (10.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14g (28%), Vitamin C: 158.41mg (192.02%), Manganese: 1.46mg (73%), Vitamin K: 50.39µg (47.99%), Calcium: 412.81mg (41.28%), Vitamin B2: 0.65mg (38.23%), Selenium: 24.43µg (34.9%), Phosphorus: 322.65mg (32.26%), Fiber: 7.91g (31.63%), Folate: 123.89µg (30.97%), Potassium: 1083.16mg (30.95%), Vitamin B1: 0.43mg (28.39%), Vitamin A: 1082.51IU (21.65%), Magnesium: 82.08mg (20.52%), Vitamin B3: 4.1mg (20.48%), Iron: 2.98mg (16.53%), Vitamin B12: 0.9µg (15.01%), Vitamin B6: 0.28mg (14.12%), Vitamin B5: 1.27mg (12.67%), Copper: 0.25mg (12.26%), Vitamin E: 1.84mg (12.26%), Zinc: 1.67mg (11.16%), Vitamin D: 1.34µg (8.95%)