



## Strawberry-White Chocolate Napoleons

READY IN



300 min.

SERVINGS



1

CALORIES



2359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 oz baker's chocolate white divided (6 oz.)
- 1 puff pastry frozen thawed
- 1.3 cups strawberries sliced
- 2 cups cool whip whipped topping divided thawed

### Equipment

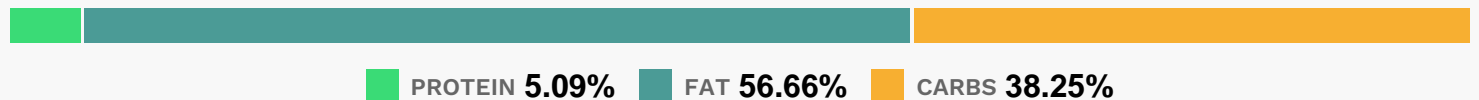
- bowl
- baking sheet
- oven

- whisk
- microwave

## Directions

- Heat oven to 400F.
- Unfold pastry sheet on lightly floured surface; pierce pastry with fork.
- Cut pastry crosswise into 3 pieces, following fold lines in pastry.
- Place in single layer on baking sheet.
- Bake 15 min. or until golden brown. Cool on wire racks.
- Meanwhile, microwave 4 oz. chocolate and 1/2 cup COOL WHIP in large microwaveable bowl on HIGH 1 min. or until chocolate is almost melted, stirring after 30 sec. Stir until chocolate is completely melted and mixture is well blended. Cool completely, stirring occasionally.
- Add remaining COOL WHIP; whisk until blended.
- Split each pastry piece into 2 layers. Set aside 2 of the top layers.
- Spread each of the 4 remaining pastry layers with scant 1/2 cup COOL WHIP mixture; top each with 1/3 cup strawberries. Stack 2 of the topped layers; cover with remaining pastry layers. Melt remaining chocolate as directed on package; drizzle evenly over pastry stacks. Refrigerate 4 hours.
- Cut each stack into 6 pieces to serve.

## Nutrition Facts



## Properties

Glycemic Index:166, Glycemic Load:111.01, Inflammation Score:-8, Nutrition Score:40.568261073983%

## Flavonoids

Cyanidin: 3.23mg, Cyanidin: 3.23mg, Cyanidin: 3.23mg, Cyanidin: 3.23mg Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 47.71mg, Pelargonidin: 47.71mg, Pelargonidin: 47.71mg, Pelargonidin: 47.71mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 5.97mg, Catechin: 5.97mg, Catechin: 5.97mg, Catechin: 5.97mg Epigallocatechin: 1.5mg, Epigallocatechin: 1.5mg, Epigallocatechin: 1.5mg, Epigallocatechin: 1.5mg Epicatechin: 0.81mg, Epicatechin:

0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

## Nutrients (% of daily need)

Calories: 2358.61kcal (117.93%), Fat: 149.97g (230.73%), Saturated Fat: 62.6g (391.27%), Carbohydrates: 227.77g (75.92%), Net Carbohydrates: 220.03g (80.01%), Sugar: 113.51g (126.12%), Cholesterol: 26.81mg (8.94%), Sodium: 822.03mg (35.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.33g (60.66%), Vitamin C: 113.46mg (137.53%), Selenium: 68.76µg (98.23%), Manganese: 1.95mg (97.29%), Vitamin B1: 1.12mg (74.84%), Vitamin B2: 1.19mg (70.02%), Folate: 249.62µg (62.4%), Vitamin B3: 11.95mg (59.74%), Vitamin K: 58.79µg (55.99%), Phosphorus: 503.66mg (50.37%), Iron: 7.48mg (41.56%), Calcium: 387.38mg (38.74%), Fiber: 7.74g (30.97%), Potassium: 919.03mg (26.26%), Vitamin E: 3.72mg (24.79%), Copper: 0.45mg (22.72%), Magnesium: 88.27mg (22.07%), Zinc: 2.56mg (17.04%), Vitamin B12: 0.94µg (15.58%), Vitamin B6: 0.24mg (11.76%), Vitamin B5: 0.93mg (9.29%), Vitamin A: 170.51IU (3.41%)