



This Napoleon Rules

 Vegetarian

READY IN



75 min.

SERVINGS



4

CALORIES



1095 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 8 ounces mushrooms sliced
- 2 medium carrots peeled quartered
- 1 eggs
- 1 fennel bulb sliced into 8 wedges
- 2 tablespoons flour
- 1 garlic clove minced
- 4 garlic clove crushed peeled

- 0.3 teaspoon garlic salt
- 0.5 cup milk
- 2 ounces monterrey jack cheese good cubed canned (if you can find a mushroom jack that's very)
- 2 tablespoons cooking oil
- 1 tablespoon olive oil
- 0.3 teaspoon pepper fresh
- 1 tablespoon peppercorns green
- 0.5 teaspoon poppy seeds
- 16 ounces sheets puff pastry (Kineret pre cut 8 squares)
- 1 large baking potatoes white peeled cut into 12 wedges
- 0.3 teaspoon salt
- 0.5 teaspoon sesame seed
- 1 cup vegetable stock
- 1 large onion white peeled cut into 8 wedges
- 0.5 wine

Equipment

- frying pan
- baking sheet
- oven
- roasting pan
- aluminum foil
- stove

Directions

- Preheat oven to 375 degrees. Vegetables:.
- Place all the vegetable ingredients in one layer in an oven and stovetop proof pan. Toss so it is well seasoned and oiled. Roast for 45 minutes. Stirring every 10-15 minutes. Mushroom Green Peppercorn Sauce:..In a large pan heat oil and add mushrooms stir fry for 5 minutes

season to taste with salt and pepper.

- Add garlic, green peppercorns, and butter tossing to coat for one minute.
- Sprinkle flour over mushrooms to make a roux.
- Add the chicken stock stirring till slightly thickened.
- Add milk and cheese and simmer over very low heat. Stirring till assembly of the dish. Meanwhile prepare Puff Pastry:.
- Place the 8 squares on a greased cookie sheet pan. Pierce the squares with a fork making holes throughout.
- Brush with an egg wash and sprinkle seeds and salt over each square. Refrigerate till vegetables have roasted for 25 minutes. Then bake for 20 minutes. Finish sauce:.
- Transfer cooked vegetables to a dish and cover with foil to keep warm.
- Place the roasting pan on stove top over medium high heat.
- Add wine and scrap to remove all the flavor in the pan, reducing to a 1/4 cup. Strain and stir into the Mushroom Green Peppercorn Sauce adding the parsley. Arrange: Plate one pastry square, top with 1/4 of the vegetables pour sauce over the vegetables then top with another pastry square.
- Garnish with Fennel Fronds.

Nutrition Facts

 **PROTEIN 7.81%**  **FAT 57.34%**  **CARBS 34.85%**

Properties

Glycemic Index:176.4, Glycemic Load:48.08, Inflammation Score:-10, Nutrition Score:35.570869300676%

Flavonoids

Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.91mg, Quercetin: 7.91mg, Quercetin: 7.91mg, Quercetin: 7.91mg

Nutrients (% of daily need)

Calories: 1094.77kcal (54.74%), Fat: 66.61g (102.48%), Saturated Fat: 19.36g (121%), Carbohydrates: 91.09g (30.36%), Net Carbohydrates: 83.38g (30.32%), Sugar: 10.93g (12.14%), Cholesterol: 72.25mg (24.08%), Sodium: 1031.85mg (44.86%), Alcohol: 9.66g (100%), Alcohol %: 1.96% (100%), Protein: 20.42g (40.84%), Vitamin A: 5709.13IU (114.18%), Manganese: 1.5mg (74.96%), Vitamin K: 73.65µg (70.14%), Selenium: 41.96µg (59.94%), Vitamin B2: 0.82mg (48.13%), Vitamin B1: 0.69mg (45.98%), Vitamin B3: 8.9mg (44.48%), Folate: 156.56µg (39.14%), Phosphorus: 371.18mg (37.12%), Potassium: 1227.25mg (35.06%), Vitamin B6: 0.67mg (33.5%), Iron: 5.71mg (31.74%), Fiber: 7.72g (30.88%), Copper: 0.56mg (27.81%), Calcium: 258.95mg (25.89%), Vitamin C: 19.22mg (23.29%), Magnesium: 88.58mg (22.14%), Vitamin E: 3.27mg (21.83%), Vitamin B5: 1.83mg (18.3%), Zinc: 2.38mg (15.86%), Vitamin B12: 0.41µg (6.91%), Vitamin D: 0.75µg (5.03%)