



## Valentine Hearts

READY IN



45 min.

SERVINGS



4

CALORIES



613 kcal

SIDE DISH

## Ingredients

- 1 sheets puff pastry
- 4 servings eggs beaten
- 4 servings sugar for sprinkling
- 8 tablespoons crème fraîche canned (you can add according to your choice both crème and strawberries)
- 100 g strawberries fresh
- 0.5 cup chocolate plain melted

## Equipment

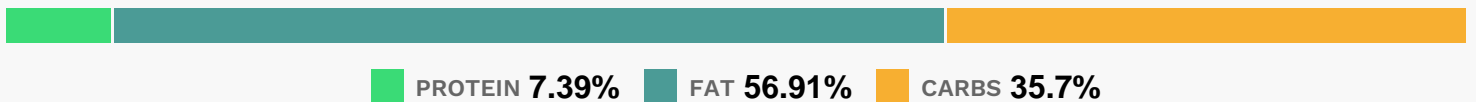
- baking sheet

- oven
- knife
- cookie cutter

## Directions

- Preheat oven to 220 degrees C (425 F)
- Thaw the pastry sheet according to the instructions on the box. Unroll pastry sheet and cut around 8 hearts with a heart shaped cookie cutter. (I used medium sized cutter of a set of
- Prick each heart with a fork, brush with beaten egg and sprinkle lightly with some sugar.
- Place these hearts on a greased baking sheet and bake for about 10min until risen and golden brown in colour.
- Let it cool.
- Slice the strawberries and split the heart horizontally using a sharp knife.
- Sandwich the heart together with crme fraiche and sliced strawberries.
- Drizzle the chocolate and dust some castor sugar over the tops of the heart.

## Nutrition Facts



## Properties

Glycemic Index:52.17, Glycemic Load:29.02, Inflammation Score:-5, Nutrition Score:13.529130434783%

## Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 6.21mg, Pelargonidin: 6.21mg, Pelargonidin: 6.21mg, Pelargonidin: 6.21mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg,

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 613.03kcal (30.65%), Fat: 39.77g (61.19%), Saturated Fat: 14.1g (88.15%), Carbohydrates: 56.14g (18.71%), Net Carbohydrates: 53.51g (19.46%), Sugar: 25.89g (28.77%), Cholesterol: 177.84mg (59.28%), Sodium: 226.3mg (9.84%), Caffeine: 14.44mg (4.81%), Protein: 11.62g (23.24%), Selenium: 30µg (42.86%), Vitamin B2: 0.48mg (27.94%), Manganese: 0.52mg (25.95%), Folate: 76.55µg (19.14%), Vitamin B1: 0.28mg (18.44%), Vitamin C: 14.92mg (18.08%), Phosphorus: 180.27mg (18.03%), Iron: 3.07mg (17.04%), Vitamin B3: 2.85mg (14.26%), Copper: 0.24mg (12.21%), Vitamin K: 12.28µg (11.7%), Magnesium: 45.45mg (11.36%), Fiber: 2.62g (10.49%), Zinc: 1.34mg (8.9%), Vitamin B5: 0.8mg (8.02%), Vitamin A: 390.73IU (7.81%), Vitamin B12: 0.44µg (7.37%), Vitamin E: 1.01mg (6.76%), Potassium: 230.01mg (6.57%), Calcium: 64.38mg (6.44%), Vitamin B6: 0.12mg (5.93%), Vitamin D: 0.88µg (5.87%)