



## Vanilla Cream Napoleons

READY IN



40 min.

SERVINGS



12

CALORIES



368 kcal

SIDE DISH

### Ingredients

- ☐ 17.3 oz puff pastry frozen thawed (2 sheets)
- ☐ 1 package vanilla pudding instant (6-serving size)
- ☐ 2 cups milk
- ☐ 1 teaspoon vanilla
- ☐ 0.5 cup cream sour
- ☐ 1 cup powdered sugar
- ☐ 3 teaspoons milk
- ☐ 0.3 cup semi chocolate chips

## Equipment

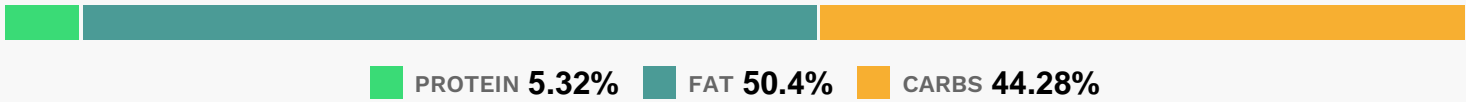
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ microwave

## Directions

- ☐ Heat oven to 400°F. Lightly spray 2 cookie sheets with cooking spray. On lightly floured surface, unfold pastry sheets.
- ☐ Cut each sheet into 3 strips along fold marks.
- ☐ Place on cookie sheet; prick lightly with fork all over strips. Repeat with remaining pastry sheet and second cookie sheet.
- ☐ Bake about 5 minutes. Prick surfaces of pastries with fork to prevent pastries from rising too much during baking.
- ☐ Bake 10 minutes longer or until golden brown.
- ☐ Remove pastries from cookie sheets; cool 10 to 15 minutes.
- ☐ In large bowl, beat pudding mix, 2 cups milk, vanilla and sour cream with electric mixer on medium speed until soft pudding forms. Cover; refrigerate 10 to 15 minutes.
- ☐ In small bowl, stir powdered sugar and 3 teaspoons milk. If icing is too thick, stir in another teaspoon milk until spreadable consistency.
- ☐ On 1 pastry layer, spread about 3/4 cup pudding. Repeat with another pastry layer and 3/4 cup pudding. Top with third pastry layer.
- ☐ Spread icing over top. Set aside. Repeat to make second dessert with remaining pastries, pudding and icing.
- ☐ In microwavable small bowl, microwave chocolate chips uncovered on High about 30 seconds or until chocolate can be stirred smooth.
- ☐ Drizzle chocolate back and forth across top of each dessert. Drag toothpick through chocolate and icing to create marbled appearance.

Cut desserts into 2-inch slices. Cover; refrigerate until ready to serve.

# Nutrition Facts



## Properties

Glycemic Index:11, Glycemic Load:10.72, Inflammation Score:-2, Nutrition Score:6.1008694835979%

## Nutrients (% of daily need)

Calories: 368.45kcal (18.42%), Fat: 20.72g (31.88%), Saturated Fat: 6.8g (42.48%), Carbohydrates: 40.96g (13.65%), Net Carbohydrates: 39.9g (14.51%), Sugar: 20.65g (22.94%), Cholesterol: 10.98mg (3.66%), Sodium: 172.2mg (7.49%), Alcohol: 0.11g (100%), Alcohol %: 0.13% (100%), Caffeine: 4.3mg (1.43%), Protein: 4.92g (9.84%), Selenium: 11.59µg (16.56%), Manganese: 0.27mg (13.51%), Vitamin B1: 0.19mg (12.65%), Vitamin B2: 0.2mg (11.49%), Vitamin B3: 1.8mg (9%), Phosphorus: 87.32mg (8.73%), Folate: 32.45µg (8.11%), Iron: 1.38mg (7.68%), Calcium: 68.96mg (6.9%), Vitamin K: 7.21µg (6.87%), Copper: 0.11mg (5.69%), Magnesium: 21.37mg (5.34%), Vitamin B12: 0.26µg (4.26%), Fiber: 1.06g (4.24%), Potassium: 130.43mg (3.73%), Zinc: 0.56mg (3.7%), Vitamin D: 0.46µg (3.07%), Vitamin A: 130.52IU (2.61%), Vitamin E: 0.31mg (2.05%), Vitamin B5: 0.2mg (2.04%), Vitamin B6: 0.04mg (1.99%)