



Vegan Caramel Mini Bites



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



4

CALORIES



360 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup vanilla almond milk [such as vanilla almond dream® beverage]
- ☐ 0.3 cup almonds flaked toasted
- ☐ 2 cups vanilla dessert [such as rice dream® vanilla dessert] frozen organic

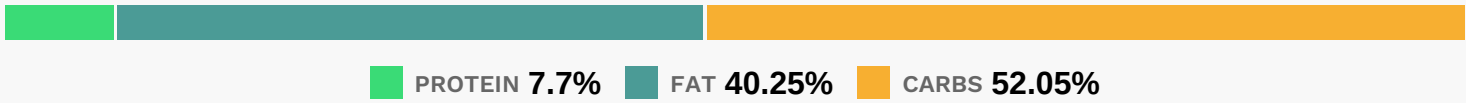
Equipment

- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐
- Preheat oven to 350°F. Set frozen puff pastry shells on a baking tray and bake for 12–15, minutes or until cups are golden–set aside to cool.In a blender combine Vanilla ALMOND DREAM® beverage with RICE DREAM® Organic Vanilla frozen dessert and blend well.Spoon mixture immediately into each of the baked puff pastry shells.
- ☐
- Drizzle over caramel syrup and top with toasted almonds. Set back in freezer until ready to use.
- ☐
- Let frozen cups sit at room temperature for 10 minutes before serving

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:4.7565217536429%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 360.02kcal (18%), Fat: 5.27g (8.11%), Saturated Fat: 0.35g (2.19%), Carbohydrates: 15.34g (5.11%), Net Carbohydrates: 14.03g (5.1%), Sugar: 13.61g (15.12%), Cholesterol: 0mg (0%), Sodium: 90.7mg (3.94%), Alcohol: 35.78g (100%), Alcohol %: 25.85% (100%), Protein: 2.27g (4.54%), Manganese: 0.44mg (22.17%), Vitamin E: 2.29mg (15.25%), Vitamin B2: 0.2mg (11.81%), Calcium: 110.48mg (11.05%), Magnesium: 36.61mg (9.15%), Copper: 0.17mg (8.35%), Potassium: 219.43mg (6.27%), Fiber: 1.3g (5.22%), Phosphorus: 49.23mg (4.92%), Vitamin B3: 0.77mg (3.83%), Zinc: 0.39mg (2.62%), Iron: 0.46mg (2.54%), Vitamin B1: 0.03mg (1.98%), Vitamin B6: 0.04mg (1.96%)