



## White Chocolate Peppermint Napoleons

READY IN



160 min.

SERVINGS



12

CALORIES



396 kcal

SIDE DISH

### Ingredients

- ☐ 2 cups whipping cream (heavy)
- ☐ 6 ounces chocolate bar white
- ☐ 1 teaspoon vanilla
- ☐ 0.3 teaspoon peppermint extract
- ☐ 0.5 package puff pastry frozen thawed (17.3-ounce size) (1 sheet)
- ☐ 0.8 cup chocolate syrup
- ☐ 6 peppermint candies hard crushed

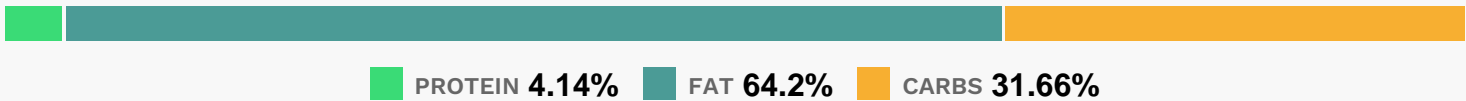
### Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

## Directions

- ☐ In 2-quart saucepan, heat whipping cream and baking bar pieces over low heat, stirring constantly, until melted and smooth. Stir in vanilla and peppermint extract. Cool slightly. Cover and refrigerate at least 2 hours until chilled.
- ☐ Heat oven to 400°F.
- ☐ Cut pastry sheet crosswise into 4 strips, then lengthwise into 3 strips to make 12 rectangles.
- ☐ Place on ungreased cookie sheet.
- ☐ Bake 12 to 15 minutes or until golden brown. Split horizontally in half while warm.
- ☐ In small bowl, beat white chocolate mixture with electric mixer on high speed until stiff (do not overbeat).
- ☐ Place bottom halves of pastry pieces, split sides up, on serving plates. Fill each with about 1/3 cup white chocolate mixture; add tops of pastry pieces.
- ☐ Drizzle with chocolate syrup.
- ☐ Sprinkle with candies.

## Nutrition Facts



## Properties

Glycemic Index:12.42, Glycemic Load:7.78, Inflammation Score:-5, Nutrition Score:7.3539130156455%

## Nutrients (% of daily need)

Calories: 395.77kcal (19.79%), Fat: 28.35g (43.62%), Saturated Fat: 14.66g (91.63%), Carbohydrates: 31.46g (10.49%), Net Carbohydrates: 29.13g (10.59%), Sugar: 15.76g (17.51%), Cholesterol: 45.25mg (15.08%), Sodium: 77.92mg (3.39%), Alcohol: 0.14g (100%), Alcohol %: 0.19% (100%), Caffeine: 12.46mg (4.15%), Protein: 4.12g (8.23%), Manganese: 0.45mg (22.44%), Copper: 0.37mg (18.71%), Iron: 2.65mg (14.7%), Magnesium: 50.6mg (12.65%),

Vitamin A: 588.83IU (11.78%), Selenium: 7.36µg (10.51%), Phosphorus: 103.13mg (10.31%), Fiber: 2.34g (9.36%),  
Vitamin B2: 0.15mg (9.01%), Vitamin B1: 0.1mg (6.38%), Potassium: 194.1mg (5.55%), Vitamin B3: 1.09mg (5.44%),  
Vitamin K: 5.68µg (5.41%), Zinc: 0.81mg (5.4%), Folate: 17.89µg (4.47%), Vitamin D: 0.63µg (4.23%), Calcium:  
41.24mg (4.12%), Vitamin E: 0.56mg (3.75%), Vitamin B12: 0.1µg (1.72%), Vitamin B5: 0.16mg (1.63%), Vitamin B6:  
0.02mg (1.24%)