



WHATSheATE



White Chocolate Raspberry Dessert Cups



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



196 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.3 cup blanched slivered almonds toasted
- ☐ 1 tablespoon butter
- ☐ 0.3 cup coconut flakes flaked
- ☐ 8 oz regular crescent rolls refrigerated canned
- ☐ 2 eggs
- ☐ 0.3 cup vanilla extract white
- ☐ 0.5 cup raspberries fresh thawed () (24 raspberries)

- ☐ 1 tablespoon sugar
- ☐ 0.5 teaspoon vegetable oil

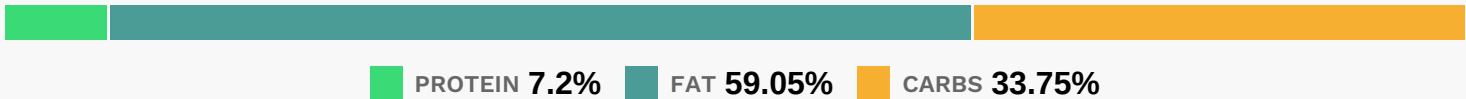
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ microwave
- ☐ muffin liners

Directions

- ☐ Heat oven to 350F. Unroll dough on work surface (if using crescent rolls, pinch seams to seal); press or roll out dough into 16x8-inch rectangle.
- ☐ Cut into 8 (4-inch) squares. Press 1 square in bottom and up side of each of 8 ungreased regular-size muffin cups.
- ☐ In food processor with metal blade, place almonds and 1/4 cup white vanilla baking chips. Cover; process using quick on-and-off motions until coarsely chopped.
- ☐ Add butter, sugar, almond extract, eggs and coconut; process until well blended.
- ☐ Place 2 raspberries in center of each dough-lined muffin cup (reserve remaining berries for garnish). Spoon about 2 tablespoons almond mixture onto raspberries in each.
- ☐ Bake 16 to 20 minutes or until golden brown. Cool 5 minutes.
- ☐ Remove from muffin cups.
- ☐ In small microwavable bowl, microwave drizzle ingredients uncovered on High 30 to 60 seconds, stirring every 15 seconds, until melted.
- ☐ Drizzle onto cups; top each with 1 raspberry.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:12.01, Glycemic Load:1.15, Inflammation Score:-1, Nutrition Score:3.1986956389054%

Flavonoids

Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 196.22kcal (9.81%), Fat: 12.38g (19.04%), Saturated Fat: 4.89g (30.54%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 14.66g (5.33%), Sugar: 5.89g (6.55%), Cholesterol: 40.92mg (13.64%), Sodium: 256.98mg (11.17%), Alcohol: 2.28g (100%), Alcohol %: 4.58% (100%), Protein: 3.39g (6.79%), Manganese: 0.2mg (10.17%), Vitamin E: 1.07mg (7.14%), Selenium: 4µg (5.71%), Vitamin B2: 0.09mg (5.12%), Fiber: 1.25g (5.02%), Phosphorus: 46.46mg (4.65%), Iron: 0.81mg (4.49%), Magnesium: 15.25mg (3.81%), Copper: 0.08mg (3.77%), Vitamin A: 124.71IU (2.49%), Vitamin C: 2.01mg (2.43%), Vitamin B5: 0.23mg (2.29%), Zinc: 0.33mg (2.23%), Folate: 8.66µg (2.16%), Potassium: 73.74mg (2.11%), Vitamin B6: 0.04mg (1.83%), Calcium: 17.96mg (1.8%), Vitamin B12: 0.1µg (1.66%), Vitamin D: 0.22µg (1.47%), Vitamin K: 1.14µg (1.09%), Vitamin B3: 0.22mg (1.08%), Vitamin B1: 0.02mg (1.05%)