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Mandarin Orange Napoleons ♦♦

Mandarin Orange Napoleons are a delicious and elegant dessert. This recipe features layers of flaky puff pastry, creamy vanilla pastry cream, and sweet mandarin oranges. It's a perfect dessert for special occasions or a fancy dinner party.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 20 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

200 g	puff pastry
1 c	Mandarin Oranges
1 c	Milk
0.5 c	Sugar
2 tbsp	Cornstarch

1 tsp vanilla extract

1 c whipped cream

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 20 mins

Step 2

Cutting

Roll out the puff pastry and cut it into rectangles.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Baking

Bake the puff pastry rectangles until golden brown.

Prep Time: 0 mins

Cook Time: 15 mins

Step 4

Stove

In a saucepan, heat the milk, sugar, and vanilla extract.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Mixing

In a small bowl, mix the cornstarch with a little water to make a slurry.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Stirring

Slowly pour the cornstarch slurry into the milk mixture, stirring constantly until thickened.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Resting

Remove the pastry cream from the heat and let it cool.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Assembling

Assemble the napoleons by layering puff pastry, pastry cream, and mandarin oranges.

Prep Time: 3 mins

Cook Time: 0 mins

Step 9

Serving

Top with whipped cream and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 12 g

Protein: 4 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	5 g	22.73%	29.41%
Fat	12 g	42.86%	48%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	150 mg	4.41%	5.77%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
 Game Day

Course

Desserts Drinks Breads Salads Soups Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest
 Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter
 Halloween

Cost

Under \$10 \$10 to \$20 \$20 to \$30

Meal Type

Brunch Supper

Difficulty Level

Medium

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