



food
network

Almond Baklava

 Vegetarian

READY IN



565 min.

SERVINGS



12

CALORIES



697 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon allspice
- ☐ 3 cups natural almonds whole
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.7 cup honey
- ☐ 0.3 cup premium orange juice
- ☐ 1 pound phyllo dough frozen thawed for 15 to 30 minutes if
- ☐ 0.3 teaspoon salt
- ☐ 1.8 cups sugar

- ☐ 3 sticks butter unsalted cooled melted
- ☐ 0.3 cup water

Equipment

- ☐ food processor
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ baking pan
- ☐ microwave
- ☐ kitchen towels
- ☐ glass baking pan

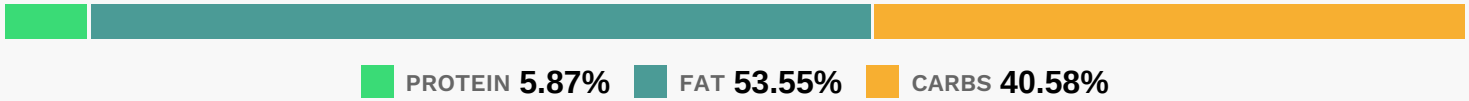
Directions

- ☐ Combine ingredients in a microwave-safe container, and cook on high heat 1 minute. Stir and cook 1 more minute.
- ☐ Let cool to room temperature, then refrigerate until cold.
- ☐ Put oven rack in middle position and preheat oven to 350 degrees F.
- ☐ Place almonds in a food processor and process with sugar, cinnamon, allspice and salt until almonds are roughly ground.
- ☐ Generously brush a 13 by 9 by 2-inch glass baking dish with melted butter. Halve phyllo sheets crosswise and stack sheets. Keep stack covered with 2 overlapping sheets of plastic wrap and then a dampened clean kitchen towel.
- ☐ Lay 2 sheets of phyllo in bottom of baking dish and brush top sheet generously with butter.
- ☐ Add a couple of tablespoons of almond mixture. Continue to layer 2 sheets at a time, staggering sheets in each double layer slightly to cover bottom of dish, brushing every second sheet generously with butter and add 1 cup of the almond mixture, until 10 sheets of phyllo have been used, total.
- ☐ Brush top layer of phyllo with butter.
- ☐ Let baklava stand at room temperature to harden slightly, about 10 to 15 minutes.

- ☐
- Using a sharp knife, cut baklava into 6 equal squares, then cut each piece in half diagonally to make 12 triangles. Be sure to cut all the way through.

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:20.2, Glycemic Load:36.45, Inflammation Score:-7, Nutrition Score:16.808260795863%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 697.3kcal (34.86%), Fat: 43.15g (66.39%), Saturated Fat: 16.43g (102.71%), Carbohydrates: 73.56g (24.52%), Net Carbohydrates: 67.94g (24.7%), Sugar: 46.8g (52%), Cholesterol: 60.74mg (20.25%), Sodium: 236.12mg (10.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.64g (21.29%), Vitamin E: 9.86mg (65.71%), Manganese: 1.14mg (56.83%), Vitamin B2: 0.56mg (33.01%), Magnesium: 104.59mg (26.15%), Fiber: 5.63g (22.51%), Copper: 0.43mg (21.35%), Phosphorus: 209.63mg (20.96%), Vitamin B1: 0.29mg (19.05%), Selenium: 10.91µg (15.59%), Iron: 2.72mg (15.11%), Vitamin B3: 2.91mg (14.55%), Vitamin A: 722.97IU (14.46%), Folate: 52.38µg (13.1%), Calcium: 117.29mg (11.73%), Potassium: 325.58mg (9.3%), Zinc: 1.39mg (9.26%), Vitamin C: 3.63mg (4.4%), Vitamin B6: 0.07mg (3.49%), Vitamin B5: 0.34mg (3.41%), Vitamin K: 3.14µg (2.99%), Vitamin D: 0.42µg (2.83%)