



Apple and Cream Cheese Roll-Ups



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup apple juice concentrate undiluted thawed
- ☐ 1 cup apples dried chopped
- ☐ 1 large eggs
- ☐ 0.5 cup graham cracker crumbs divided
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 Dash ground nutmeg
- ☐ 12 sheets phyllo dough frozen thawed

- ☐ 0.3 cup sugar
- ☐ 0.3 cup sugar divided
- ☐ 1.5 teaspoons sugar

Equipment

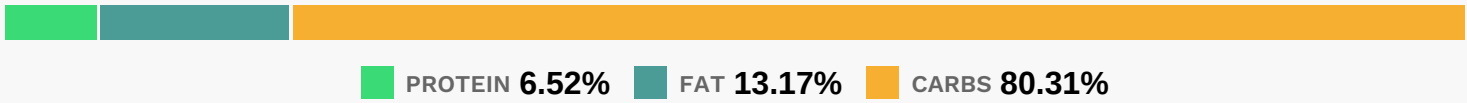
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ cutting board

Directions

- ☐ To prepare the filling, combine the first 4 ingredients in a small saucepan over medium-high heat. Bring the apple mixture to a boil; cover, reduce heat, and simmer for 5 minutes or until most of the liquid is absorbed. Cool to room temperature.
- ☐ Combine 1/4 cup sugar and cream cheese in a small bowl; beat with a mixer at low speed until blended.
- ☐ Add egg; beat until blended. Fold in apple mixture; cover and set aside.
- ☐ Preheat oven to 35
- ☐ To prepare the pastry, place 1 phyllo sheet on a large cutting board or work surface (cover remaining dough to keep from drying), and lightly coat with cooking spray.
- ☐ Sprinkle the phyllo with 2 teaspoons graham cracker crumbs and 1 teaspoon sugar. Repeat the layers twice, ending with the crumbs and sugar.
- ☐ Cut phyllo stack lengthwise into 6 (2 3/4-inch-wide) strips using a sharp knife. Spoon 1 rounded teaspoon of apple mixture 1/2 inch from the end of each phyllo strip.
- ☐ Roll up each strip, beginning with apple mixture end; place the strips, seam sides down, on a baking sheet coated with cooking spray, and lightly coat each roll with cooking spray. Repeat the procedure with the remaining phyllo, crumbs, sugar, and apple mixture.

- ☐
- To prepare the topping, combine 1 1/2 teaspoons sugar and 1/2 teaspoon cinnamon; sprinkle evenly over phyllo rolls.
- ☐
- Bake at 350 for 10 minutes, and cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:6.62, Inflammation Score:-1, Nutrition Score:1.4452174033808%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 66.47kcal (3.32%), Fat: 0.99g (1.52%), Saturated Fat: 0.25g (1.54%), Carbohydrates: 13.57g (4.52%), Net Carbohydrates: 12.97g (4.71%), Sugar: 7.23g (8.03%), Cholesterol: 7.75mg (2.58%), Sodium: 63.69mg (2.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Selenium: 2.93µg (4.19%), Vitamin B1: 0.06mg (3.81%), Manganese: 0.06mg (3.19%), Vitamin B2: 0.05mg (3.13%), Iron: 0.48mg (2.65%), Folate: 10.18µg (2.54%), Vitamin B3: 0.49mg (2.46%), Fiber: 0.6g (2.4%), Phosphorus: 16.52mg (1.65%)