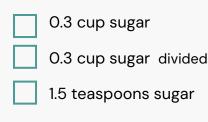


Apple and Cream Cheese Roll-Ups Image: Im

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



Equipment

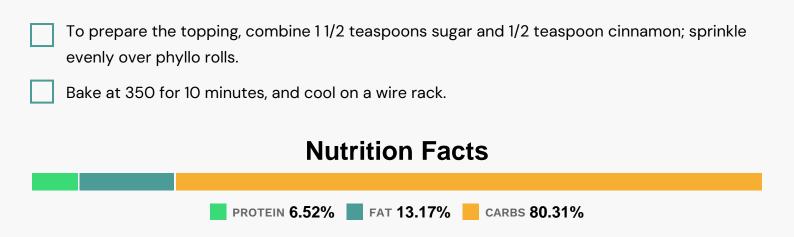


Directions

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.



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 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: Og (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%)