

Apple Baklava

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



335 kcal

DESSERT

Ingredients

- 1 cup butter melted
- 2 teaspoons cinnamon
- 1 pound filo dough thawed
- 3 cups granny smith apples diced
- 0.5 cup honey
- 4 tablespoons honey
- 1 lemon rind
- 2 lemon zest juiced

- 2 cups pistachios toasted chopped
- 1.5 cups sugar
- 2 cups walnuts toasted chopped
- 1 pint water

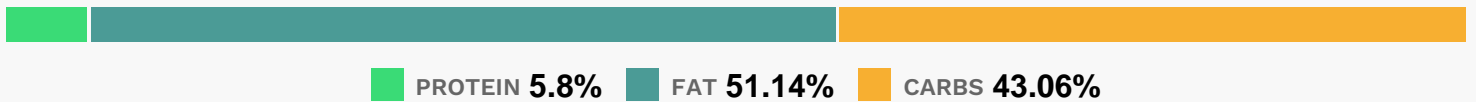
Equipment

- baking paper
- oven

Directions

- Watch how to make this recipe.
- On a sheetpan lined with parchment paper, lay down 1 sheet of filo and brush with butter. Repeat process with 3 more sheets. Cover remaining sheets with damp towel and set aside. To make filling place the lemon juice and zest, honey, cinnamon, apples, and chopped nuts and gently heat for 3 minutes set aside to cool.
- Spread 1/3 of mixture onto buttered filo stack. Top apple mixture with another stack of buttered filo. Repeat process until mixture and filo is gone (there should be 3 layers).
- Bake in a preheated 350 degree oven for 1 hour.
- Mix sugar, honey, water and lemon and bring to simmer.
- Remove lemon rind and pour over baklava.
- Let soak overnight, cut into squares and serve.

Nutrition Facts



Properties

Glycemic Index:14.07, Glycemic Load:17.94, Inflammation Score:-4, Nutrition Score:7.2582608940809%

Flavonoids

Cyanidin: 1.26mg, Cyanidin: 1.26mg, Cyanidin: 1.26mg, Cyanidin: 1.26mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.26mg, Epicatechin: 1.26mg, Epicatechin: 1.26mg, Epicatechin:

1.26mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 334.82kcal (16.74%), Fat: 19.89g (30.59%), Saturated Fat: 6.31g (39.45%), Carbohydrates: 37.67g (12.56%), Net Carbohydrates: 35.03g (12.74%), Sugar: 23.89g (26.54%), Cholesterol: 20.34mg (6.78%), Sodium: 154.15mg (6.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Manganese: 0.59mg (29.47%), Copper: 0.32mg (16.03%), Vitamin B1: 0.23mg (15.22%), Vitamin B6: 0.24mg (12.15%), Fiber: 2.63g (10.53%), Phosphorus: 102.74mg (10.27%), Selenium: 5.86µg (8.38%), Folate: 32.49µg (8.12%), Magnesium: 32.23mg (8.06%), Iron: 1.38mg (7.69%), Vitamin B2: 0.11mg (6.46%), Vitamin A: 290.16IU (5.8%), Potassium: 188.7mg (5.39%), Vitamin B3: 1.05mg (5.24%), Zinc: 0.67mg (4.44%), Vitamin E: 0.57mg (3.82%), Vitamin C: 2.45mg (2.97%), Calcium: 29.63mg (2.96%), Vitamin B5: 0.2mg (1.96%), Vitamin K: 1.79µg (1.71%)