



Apple-Cream Cheese Strudel

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



163 kcal

DESSERT

Ingredients

- ☐ 8 ounces rome apple peeled thinly sliced
- ☐ 3 tablespoons apple juice concentrate thawed
- ☐ 2 tablespoons brown sugar
- ☐ 1 teaspoon butter
- ☐ 1 large egg white
- ☐ 1 teaspoon flour all-purpose
- ☐ 8 ounces apples i use 2 granny smith apples peeled thinly sliced
- ☐ 2 tablespoons granulated sugar

- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1 Dash nutmeg
- ☐ 6 sheets phyllo dough frozen thawed
- ☐ 1 Dash salt
- ☐ 2 tablespoons cup heavy whipping cream fat-free sour
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 tablespoons walnuts finely chopped

Equipment

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

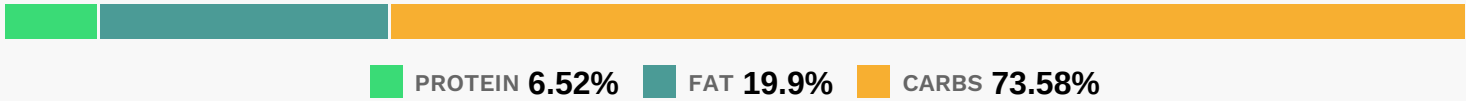
Directions

- ☐ Preheat oven to 37
- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add apples; saut 3 minutes or until lightly browned. Reduce heat to medium; cook 5 minutes or until tender, stirring frequently. Stir in brown sugar, apple juice concentrate, cinnamon, and 1/8 teaspoon nutmeg. Cook 3 minutes or until sugar melts and mixture is slightly syrupy.
- ☐ Remove from heat; stir in walnuts. Cool.
- ☐ Place cream cheese, granulated sugar, sour cream, and flour in a bowl; beat with a mixer at medium speed until smooth. Beat in vanilla, salt, and egg white.
- ☐ Place 1 phyllo sheet on a large cutting board or work surface (cover the remaining dough to prevent drying); lightly coat with cooking spray. Repeat layers with remaining phyllo and

cooking spray, ending with phyllo. Gently press phyllo layers together. Lightly coat top phyllo sheet with cooking spray. Spoon apple mixture along 1 short edge of phyllo, leaving a 2-inch border.

- ☐ Drizzle cream cheese mixture over apple mixture. Fold long edges of phyllo over filling (phyllo will not completely cover filling). Starting at short edge with 2-inch border, roll up jelly-roll fashion. (Do not roll too tightly or strudel may split.)
- ☐ Place strudel, seam side down, on a baking sheet coated with cooking spray.
- ☐ Sprinkle with dash of nutmeg.
- ☐ Bake at 375 for 15 minutes or until golden brown.
- ☐ Remove from oven; cool 10 minutes on baking sheet on a wire rack.
- ☐ Sprinkle with powdered sugar, if desired.
- ☐ Cut into 6 equal portions using a serrated knife.

Nutrition Facts



Properties

Glycemic Index:83.81, Glycemic Load:9.81, Inflammation Score:-2, Nutrition Score:4.0534782072772%

Flavonoids

Cyanidin: 1.26mg, Cyanidin: 1.26mg, Cyanidin: 1.26mg, Cyanidin: 1.26mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 6.05mg, Epicatechin: 6.05mg, Epicatechin: 6.05mg, Epicatechin: 6.05mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 162.65kcal (8.13%), Fat: 3.69g (5.67%), Saturated Fat: 0.94g (5.87%), Carbohydrates: 30.66g (10.22%), Net Carbohydrates: 28.23g (10.27%), Sugar: 16.76g (18.62%), Cholesterol: 2.15mg (0.72%), Sodium: 120.73mg (5.25%), Alcohol: 0.23g (100%), Alcohol %: 0.23% (100%), Protein: 2.72g (5.43%), Manganese: 0.23mg (11.41%), Fiber: 2.43g (9.73%), Vitamin B1: 0.13mg (8.73%), Selenium: 6.07µg (8.67%), Vitamin B2: 0.12mg (7.24%), Folate: 22.93µg (5.73%), Iron: 0.84mg (4.69%), Vitamin B3: 0.92mg (4.58%), Copper: 0.09mg (4.38%), Vitamin C: 3.59mg (4.35%),

Potassium: 135.53mg (3.87%), Phosphorus: 37.6mg (3.76%), Magnesium: 12.9mg (3.22%), Vitamin B6: 0.05mg (2.75%), Vitamin K: 2.28µg (2.17%), Calcium: 19.55mg (1.95%), Zinc: 0.23mg (1.56%), Vitamin A: 72.76IU (1.46%), Vitamin B5: 0.14mg (1.4%), Vitamin E: 0.19mg (1.27%)