



Apple Strudel



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



84 kcal

DESSERT

Ingredients

- ☐ 1 eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 large granny smith apples cored peeled thinly sliced
- ☐ 2 tablespoons granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 tablespoons raisins
- ☐ 1 tablespoon water

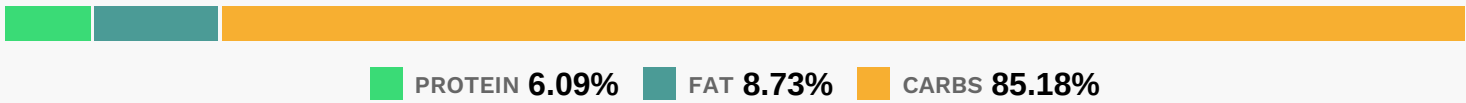
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat the oven to 375F. Beat the egg and water in a small bowl with a fork. Stir the granulated sugar, flour and cinnamon in a medium bowl.
- ☐ Add the apples and raisins and toss to coat.
- ☐ Sprinkle additional flour on the work surface. Unfold the pastry sheet on the work surface.
- ☐ Roll the pastry sheet into a 16 x 12-inch rectangle. With the short side facing you, spoon the apple mixture onto the bottom half of the pastry sheet to within 1 inch of the edge.
- ☐ Roll up like a jelly roll.
- ☐ Place seam-side down onto a baking sheet. Tuck the ends under to seal.
- ☐ Brush the pastry with the egg mixture.
- ☐ Cut several slits in the top of the pastry.
- ☐ Bake for 35 minutes or until the pastry is golden brown.
- ☐ Let the pastry cool on the baking sheet on a wire rack for 20 minutes.
- ☐ Sprinkle with the confectioners' sugar, if desired.

Nutrition Facts



Properties

Glycemic Index:40.15, Glycemic Load:8.3, Inflammation Score:-1, Nutrition Score:2.4052174220914%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.6mg, Epicatechin: 5.6mg, Epicatechin: 5.6mg, Epicatechin: 5.6mg 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: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 84.1kcal (4.2%), Fat: 0.88g (1.35%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 19.24g (6.41%), Net Carbohydrates: 17.04g (6.2%), Sugar: 11.76g (13.06%), Cholesterol: 27.28mg (9.09%), Sodium: 12.76mg (0.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.75%), Fiber: 2.2g (8.81%), Vitamin C: 3.69mg (4.48%), Vitamin B2: 0.07mg (4.05%), Selenium: 2.73µg (3.9%), Potassium: 132.68mg (3.79%), Manganese: 0.06mg (3.23%), Phosphorus: 27.85mg (2.79%), Vitamin B6: 0.05mg (2.65%), Iron: 0.41mg (2.3%), Copper: 0.04mg (2.16%), Vitamin B1: 0.03mg (2.07%), Folate: 8.12µg (2.03%), Vitamin B5: 0.17mg (1.66%), Magnesium: 6.45mg (1.61%), Vitamin K: 1.69µg (1.61%), Vitamin A: 79.99IU (1.6%), Vitamin E: 0.21mg (1.42%), Calcium: 11.1mg (1.11%), Vitamin B12: 0.07µg (1.09%), Vitamin B3: 0.2mg (1.02%)