



## Apple Strudel



Vegetarian



Dairy Free

READY IN



135 min.

SERVINGS



6

CALORIES



197 kcal

DESSERT

## Ingredients

- ☐ 1 eggs
- ☐ 1 tbsp flour all-purpose
- ☐ 2 large apples i use 2 granny smith apples cored peeled thinly sliced
- ☐ 2 tbsp granulated sugar
- ☐ 0.3 tsp ground cinnamon
- ☐ 0.5 puff pastry thawed pepperidge farm® (1 sheet)
- ☐ 2 tbsp raisins
- ☐ 1 tbsp water

## Equipment

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

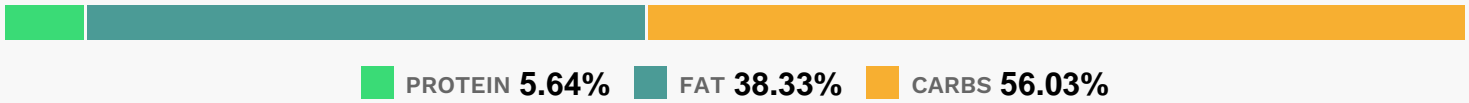
## Directions

- ☐ Heat the oven to 375°F. 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.
- ☐ For best results, make sure to toss the apples and raisins until they're evenly coated with the flour mixture. The flour helps to thicken the juices released by the apples as they cook.
- ☐ For some nutty crunch, 1/4 cup sliced almonds may be added with the apples and raisins.
- ☐ For a Vanilla Sauce to serve with the strudel, stir 3/4 cup milk, 1/2 cup light cream, 1/3 cup sugar, 4 egg yolks, beaten and 1/2 vanilla bean in a 2-quart saucepan. Cook and stir over medium heat until the mixture boils and thickens.
- ☐ Remove the saucepan from the heat. Cover and refrigerate for 1 hour.
- ☐ Remove the vanilla bean. Any leftover sauce is delicious over fresh berries or ice cream.

☐

For Pear and Cranberry Strudel, you can substitute Bosc pears and dried cranberries for the apples and raisins in this recipe.

# Nutrition Facts



## Properties

Glycemic Index:49.48, Glycemic Load:13.29, Inflammation Score:-2, Nutrition Score:4.2373913371045%

## 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, Kaempferol: 0.1mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

## Nutrients (% of daily need)

Calories: 196.65kcal (9.83%), Fat: 8.66g (13.32%), Saturated Fat: 2.23g (13.94%), Carbohydrates: 28.47g (9.49%), Net Carbohydrates: 25.95g (9.43%), Sugar: 11.91g (13.23%), Cholesterol: 27.28mg (9.09%), Sodium: 63.6mg (2.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.73%), Selenium: 7.67µg (10.96%), Fiber: 2.52g (10.09%), Manganese: 0.17mg (8.43%), Vitamin B1: 0.11mg (7.48%), Vitamin B2: 0.13mg (7.45%), Folate: 24.05µg (6.01%), Vitamin B3: 1.06mg (5.28%), Iron: 0.94mg (5.22%), Vitamin K: 4.98µg (4.74%), Vitamin C: 3.69mg (4.48%), Potassium: 145.25mg (4.15%), Phosphorus: 40.12mg (4.01%), Copper: 0.07mg (3.33%), Vitamin B6: 0.06mg (2.87%), Magnesium: 9.73mg (2.43%), Vitamin E: 0.32mg (2.16%), Zinc: 0.25mg (1.69%), Vitamin B5: 0.17mg (1.66%), Vitamin A: 80.26IU (1.61%), Calcium: 13.4mg (1.34%), Vitamin B12: 0.07µg (1.09%)