



Apple Strudel

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



330 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 2.5 pounds apples i use 2 granny smith apples peeled thinly sliced
- ☐ 2 tablespoons granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 sheet puff pastry frozen thawed
- ☐ 0.1 teaspoon salt

☐ 0.3 cup walnut pieces chopped

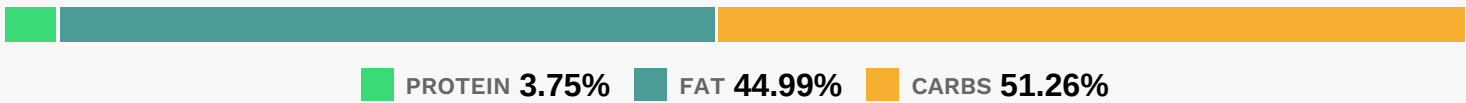
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Melt butter in a large skillet over medium-high heat. Stir in brown sugar, juice, cinnamon, salt, and apples. Cover, reduce heat, and cook 10 minutes or until apples are tender, stirring occasionally.
- ☐ Remove apples from pan; cool.
- ☐ Roll pastry to a 15 x 12inch rectangle. Spoon apple mixture along 1 long edge of pastry; roll up jelly-roll fashion. Gently press seam to seal.
- ☐ Place nuts and granulated sugar in a food processor; pulse until finely ground.
- ☐ Sprinkle strudel with the nut mixture, pressing gently.
- ☐ Place strudel on a baking sheet lined with parchment paper.
- ☐ Bake at 400 for 25 minutes or until golden.
- ☐ Let stand 5 minutes; slice.
- ☐ Wine note: Pair Apple Strudel with the slightly fizzy, off-dry pink Moscato from Innocent Bystander in Victoria, Australia (\$12, 375 ml.). --Sara Schneider

Nutrition Facts



Properties

Glycemic Index:29.14, Glycemic Load:14.8, Inflammation Score:-4, Nutrition Score:6.1952173855642%

Flavonoids

Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 10.67mg, Epicatechin: 10.67mg, Epicatechin: 10.67mg, Epicatechin: 10.67mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 330.27kcal (16.51%), Fat: 17.15g (26.39%), Saturated Fat: 5.02g (31.36%), Carbohydrates: 43.97g (14.66%), Net Carbohydrates: 39.78g (14.47%), Sugar: 24.83g (27.58%), Cholesterol: 7.53mg (2.51%), Sodium: 138.59mg (6.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.43%), Manganese: 0.35mg (17.54%), Fiber: 4.18g (16.74%), Selenium: 7.73µg (11.05%), Vitamin B1: 0.16mg (10.64%), Vitamin C: 8.02mg (9.73%), Folate: 32.65µg (8.16%), Vitamin K: 8.43µg (8.03%), Vitamin B2: 0.13mg (7.73%), Vitamin B3: 1.46mg (7.3%), Copper: 0.14mg (6.79%), Iron: 1.13mg (6.25%), Potassium: 200.93mg (5.74%), Phosphorus: 48.11mg (4.81%), Magnesium: 18.75mg (4.69%), Vitamin B6: 0.09mg (4.45%), Vitamin E: 0.54mg (3.57%), Vitamin A: 165.64IU (3.31%), Calcium: 23.23mg (2.32%), Zinc: 0.34mg (2.28%), Vitamin B5: 0.13mg (1.26%)