



Appleberry-Peach Strudel-Style Pastry

 Vegetarian

READY IN



100 min.

SERVINGS



12

CALORIES



504 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 4 tablespoons butter
- ☐ 8 tablespoons butter melted 1 stick or
- ☐ 0.5 cup flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 2 tablespoons apricot jelly
- ☐ 2 juice of lemon with the juice of the lemon ingredient above cored peeled cut into 1/4 wedges then crosswise into 1/4-inch pieces, tossed
- ☐ 1 lemon zest fresh grated

- ☐ 2 peaches ripe peeled cut into 1/ wedges then crosswise into 1/4-inch pieces
- ☐ 2 sheets puff pastry these are often sold in 17 or 18 ounce packages containing 2 9 or 10-inch square sheets of puff pastry
- ☐ 0.3 cup raisins white
- ☐ 1 pint raspberries
- ☐ 2 tablespoons sugar
- ☐ 0.8 cup walnuts finely chopped

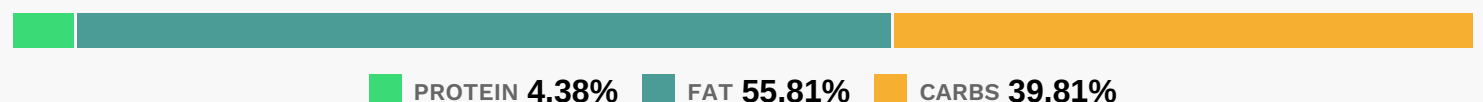
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a large skillet, melt the butter over medium heat and stir in apples.
- ☐ Saute for about 5 to 7 minutes until they begin to caramelize.
- ☐ Add lemon zest and juice, peaches, walnuts, and raisins and cinnamon and cook for about 5 more minutes. Stir in brown sugar and flour, remove from heat and gently fold in raspberries, and cool to room temperature.
- ☐ Preheat oven to 350 degrees F.
- ☐ While the fruit is cooking, roll puff pastry out on a floured surface. Spoon some of the fruit mixture onto the pastry and begin to roll up the pastry, brushing each fold of pastry with butter and sprinkling some of the sugar as you go. If you are using 2 sheets of puff pastry, you will be making 2 strudel "rolls."
- ☐ Brush each roll with apricot jelly, place on a baking sheet and bake until golden brown, about 40 minutes.
- ☐ Let cool completely and serve. (This is best served on the day it is made.)

Nutrition Facts



Properties

Glycemic Index:44.85, Glycemic Load:19.82, Inflammation Score:-6, Nutrition Score:10.945652138928%

Flavonoids

Cyanidin: 19.2mg, Cyanidin: 19.2mg, Cyanidin: 19.2mg, Cyanidin: 19.2mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 503.71kcal (25.19%), Fat: 32.14g (49.45%), Saturated Fat: 11.62g (72.62%), Carbohydrates: 51.59g (17.2%), Net Carbohydrates: 46.14g (16.78%), Sugar: 20.04g (22.27%), Cholesterol: 30.1mg (10.03%), Sodium: 200.74mg (8.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.35%), Manganese: 0.85mg (42.54%), Fiber: 5.45g (21.8%), Selenium: 12.98µg (18.54%), Vitamin B1: 0.26mg (17.22%), Vitamin C: 14.01mg (16.99%), Folate: 60.32µg (15.08%), Vitamin B3: 2.62mg (13.12%), Copper: 0.25mg (12.75%), Vitamin K: 12.36µg (11.78%), Iron: 2.11mg (11.75%), Vitamin B2: 0.2mg (11.67%), Vitamin A: 463.86IU (9.28%), Magnesium: 34.15mg (8.54%), Phosphorus: 83.35mg (8.34%), Vitamin E: 1.19mg (7.95%), Potassium: 238.85mg (6.82%), Vitamin B6: 0.1mg (5.22%), Zinc: 0.75mg (4.97%), Calcium: 41.5mg (4.15%), Vitamin B5: 0.28mg (2.84%)