



Apricot Baklava Strudel

 Vegetarian

READY IN



120 min.

SERVINGS



8

CALORIES



348 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds raw
- ☐ 12 ounces apricots ripe quartered
- ☐ 0.5 cup butter melted
- ☐ 10 sheets filo dough (12 by 17 in.)
- ☐ 0.5 teaspoon ground cardamom
- ☐ 0.3 cup honey
- ☐ 0.3 cup pistachios
- ☐ 0.5 cup sugar divided

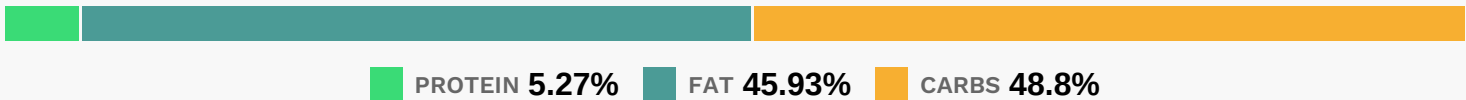
Equipment

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

Directions

- ☐ Preheat oven to 37
- ☐ Bring honey and 1/4 cup sugar to a simmer in a saucepan, stirring to blend.
- ☐ Remove from heat and add apricots; set aside.
- ☐ Whirl nuts, cardamom, and remaining 1/4 cup sugar in a food processor until mostly ground. Set aside 2 tbsp.
- ☐ Lay a piece of parchment paper on a work surface. Working with 1 filo sheet at a time, set on paper, brush with some butter, and sprinkle with a scant 2 tbsp. nut mixture; repeat, stacking filo and pressing down to seal.
- ☐ Spoon apricots with a bit of honey mixture on filo stack along a long side.
- ☐ Roll up. Arrange roll on a diagonal on a rimmed baking sheet lined with parchment.
- ☐ Brush with more honey mixture; sprinkle with reserved 2 tbsp. nut mixture.
- ☐ Bake until browned and juices are bubbling out the ends, 15 to 20 minutes.
- ☐ Let cool completely before slicing.

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:21.2, Inflammation Score:-7, Nutrition Score:8.0121739493764%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 2.09mg, Epicatechin: 2.09mg, Epicatechin: 2.09mg, Epicatechin: 2.09mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 347.9kcal (17.4%), Fat: 18.44g (28.38%), Saturated Fat: 8.16g (51.03%), Carbohydrates: 44.09g (14.7%), Net Carbohydrates: 41.46g (15.07%), Sugar: 28.7g (31.89%), Cholesterol: 30.5mg (10.17%), Sodium: 207.19mg (9.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.52%), Vitamin A: 1194.89IU (23.9%), Manganese: 0.39mg (19.51%), Vitamin E: 2.37mg (15.8%), Vitamin B1: 0.2mg (13.27%), Vitamin B2: 0.19mg (11%), Fiber: 2.64g (10.55%), Copper: 0.19mg (9.58%), Selenium: 6.51µg (9.3%), Phosphorus: 85.56mg (8.56%), Iron: 1.44mg (7.98%), Magnesium: 30.96mg (7.74%), Folate: 30.67µg (7.67%), Vitamin B3: 1.53mg (7.65%), Potassium: 236.32mg (6.75%), Vitamin B6: 0.13mg (6.47%), Vitamin C: 4.64mg (5.62%), Zinc: 0.55mg (3.7%), Calcium: 34.41mg (3.44%), Vitamin K: 2.99µg (2.85%), Vitamin B5: 0.25mg (2.54%)