

SIDE DISH

Apricot-Hazelnut Pastries

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
32 min	20 min	12 min	1	\$2.71	567 kcal

You can never have too many side dish recipes, so give Apricot-Hazelnut Pastries a try. One serving contains 567 calories, 11g of protein, and 12g of fat. For \$2.71 per serving, this recipe covers 18% of your daily requirements of vitamins and minerals. This recipe serves 1.

Ingredients

- ☐ 4½ teaspoons bottled cinnamon-sugar
- ☐ 1/3 cup finely chopped dried apricots
- ☐ 6 hazelnuts, halved
- ☐ 6 sheets (14 x 9-inch) sheets frozen phyllo dough, thawed

EQUIPMENT Baking sheet, Oven, Cutting board

Method

- 1

Preheat oven to 37
- 2

Place 1 phyllo sheet on a cutting board or work surface (cover remaining dough to keep from drying); lightly coat with cooking spray. Top with 1 phyllo sheet; spray with cooking spray.
- 3

Cut lengthwise into 4 equal strips.
- 4

Place 1 teaspoon chopped apricot, 1/2 teaspoon cream cheese, and 1 hazelnut half onto 1 end of each phyllo strip; sprinkle with 1/4 teaspoon cinnamon-sugar. Fold left bottom corner over apricot mixture, forming a triangle. Keep folding phyllo back and forth into a triangle to end of strip. Repeat procedure 2 times with remaining ingredients.
- 5

Place triangles, seam sides down, on an ungreased baking sheet. Coat tops of triangles with cooking spray; sprinkle with 1/8 teaspoon cinnamon-sugar.

- 6 Bake at 375 for 12 minutes or until golden.
- 7 Serve warm or at room temperature.

Nutrition per serving

567	11 g	12 g	106 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.1 g · 13% of daily needs
Fibre			6.1 g · 25% of daily needs
Sugar			41.7 g · 46% of daily needs
Sodium			555 mg · 24% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			1 mg · 1% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/apricot-hazelnut-pastries-147686