



Autumn Apple Strudel

READY IN



45 min.

SERVINGS



8

CALORIES



580 kcal

DESSERT

Ingredients

- ☐ 1 cup apple juice
- ☐ 1.3 pounds braeburn apple cored peeled cut into 1/2-inch cubes
- ☐ 1 tablespoon brandy
- ☐ 1 cinnamon sticks
- ☐ 1.5 tablespoons cornstarch
- ☐ 0.3 cup cherries dried packed ()
- ☐ 0.5 cup wine dry white
- ☐ 0.3 cup brown sugar packed ()
- ☐ 0.5 cup graham cracker crumbs

- ☐ 0.7 cup hazelnuts husked toasted
- ☐ 12 inch sheets dough fresh frozen thawed
- ☐ 0.3 cup prune- cut to pieces packed pitted halved ()
- ☐ 4 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 3 tablespoons sugar
- ☐ 0.5 cup butter unsalted melted
- ☐ 1 vanilla pod split
- ☐ 0.5 teaspoon vanilla extract
- ☐ 8 servings whipped cream
- ☐ 3 star anise whole

Equipment

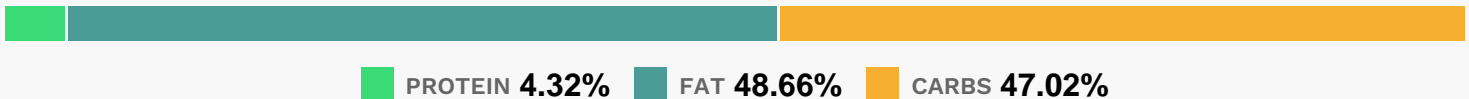
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ kitchen towels

Directions

- ☐ Boil juice in small saucepan until reduced to 1/2 cup, about 6 minutes.
- ☐ Remove from heat.
- ☐ Add chocolate and let stand 1 minute; whisk until melted and smooth. Stir in brandy and vanilla. (Sauce can be prepared 4 days ahead. Cover and chill. Rewarm before serving.)
- ☐ Combine 1 cup juice, wine, star anise, and cinnamon in large saucepan. Scrape in seeds from vanilla bean; add bean. Bring to simmer.
- ☐ Remove from heat. Cover; let stand 10 minutes.
- ☐ Add cherries and prunes. Cover and simmer until fruit is plump, about 5 minutes. Discard star anise, cinnamon, and vanilla bean.

- ☐ Mix in apples and sugar; simmer until apples are tender but hold shape and liquid is reduced to 3 tablespoons, stirring occasionally, about 45 minutes.
- ☐ Mix cornstarch and 2 tablespoons apple juice.
- ☐ Add to filling; stir over medium-high heat until filling thickens and boils, about 3 minutes. (Can be made 3 days ahead. Cool slightly, cover, and chill.)
- ☐ Preheat oven to 375°F. Lightly butter heavy large baking sheet. Blend first 3 ingredients in processor until nuts are finely ground.
- ☐ Place dry kitchen towel on work surface.
- ☐ Place 1 phyllo sheet on towel (cover remaining phyllo with plastic wrap and damp towel).
- ☐ Brush phyllo lightly with melted butter. Top with second phyllo sheet; brush with butter.
- ☐ Sprinkle with scant 3 tablespoons nut mixture. Continue with 6 more phyllo sheets, brushing each with butter and sprinkling with scant 3 tablespoons nut mixture. Top with remaining phyllo sheet.
- ☐ Brush with butter. Spoon filling atop phyllo stack in 12x3-inch log, starting 2 inches from 1 long side and 2 1/2 inches from each short side. Fold short edges over filling. Using towel as aid and beginning at edge close to filling, roll up strudel jelly-roll style.
- ☐ Place strudel, seam side down, on prepared baking sheet.
- ☐ Brush strudel with butter. (Can be made 4 hours ahead. Chill.)
- ☐ Bake strudel uncovered until golden, about 45 minutes.
- ☐ Let cool at least 30 minutes.
- ☐ Cut warm or room-temperature strudel into slices; place on plates.
- ☐ Serve with ice cream and warm chocolate sauce.
- ☐ *Brown star-shaped seedpods sold at Asian markets and specialty foods stores and in the spice section of some supermarkets.

Nutrition Facts



Properties

Glycemic Index:49.98, Glycemic Load:21.28, Inflammation Score:-7, Nutrition Score:12.656956600106%

Flavonoids

Cyanidin: 1.84mg, Cyanidin: 1.84mg, Cyanidin: 1.84mg, Cyanidin: 1.84mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 6.9mg, Epicatechin: 6.9mg, Epicatechin: 6.9mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

Nutrients (% of daily need)

Calories: 580.48kcal (29.02%), Fat: 31.39g (48.3%), Saturated Fat: 15.51g (96.96%), Carbohydrates: 68.25g (22.75%), Net Carbohydrates: 62.38g (22.68%), Sugar: 50.15g (55.72%), Cholesterol: 60.39mg (20.13%), Sodium: 115.32mg (5.01%), Alcohol: 2.26g (100%), Alcohol %: 1.09% (100%), Caffeine: 12.19mg (4.06%), Protein: 6.27g (12.55%), Manganese: 1.01mg (50.45%), Fiber: 5.87g (23.48%), Copper: 0.43mg (21.32%), Vitamin A: 918.45IU (18.37%), Phosphorus: 172.27mg (17.23%), Magnesium: 65.81mg (16.45%), Vitamin E: 2.29mg (15.24%), Vitamin B2: 0.25mg (14.64%), Calcium: 142.9mg (14.29%), Potassium: 486.12mg (13.89%), Iron: 2.33mg (12.94%), Vitamin B1: 0.15mg (10.25%), Vitamin K: 9.8µg (9.33%), Zinc: 1.33mg (8.85%), Vitamin B6: 0.16mg (8.18%), Vitamin B5: 0.66mg (6.57%), Folate: 23.52µg (5.88%), Vitamin C: 4.7mg (5.7%), Selenium: 3.93µg (5.61%), Vitamin B12: 0.31µg (5.12%), Vitamin B3: 1mg (5.02%), Vitamin D: 0.34µg (2.3%)