



Autumn-Apple Strudel

READY IN



45 min.

SERVINGS



10

CALORIES



853 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons apple cider
- ☐ 0.3 cup butter
- ☐ 0.8 cup butter melted
- ☐ 7.3 ounce butter cookies crumbled finely
- ☐ 0.5 cup golden raisins
- ☐ 6 large granny smith apples peeled cut into 8 wedges
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 tablespoons orange rind grated
- ☐ 2 cups pecans toasted chopped

- ☐ 12 sheets phyllo pastry frozen thawed
- ☐ 0.3 cup powdered sugar
- ☐ 10 servings powdered sugar
- ☐ 2 cups sugar divided
- ☐ 1 tablespoon vanilla extract
- ☐ 1 cup water hot
- ☐ 1 cup whipping cream

Equipment

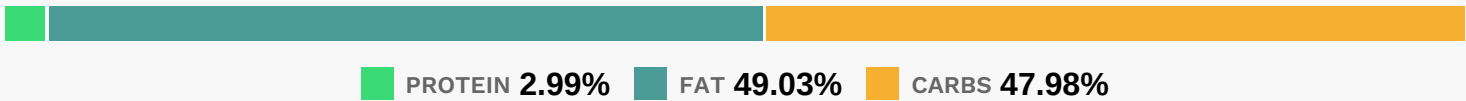
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ wax paper

Directions

- ☐ Pour 1 cup hot water over raisins; let stand 20 minutes.
- ☐ Drain raisins; set aside.
- ☐ Stir together apple wedges, 1 cup sugar, orange rind, and vanilla extract.
- ☐ Melt 1/4 cup butter in a large skillet over medium-high heat; add apple mixture, and cook, stirring occasionally, 15 to 20 minutes or until mixture thickens.
- ☐ Remove from heat; stir in raisins. Cool.
- ☐ Stir together cookie crumbs, remaining 1 cup sugar, and pecans. Set aside.
- ☐ Unfold phyllo, and cover with a damp towel to prevent it from drying out.
- ☐ Stack 4 sheets on a flat surface covered with wax paper, brushing each sheet with melted butter.
- ☐ Sprinkle with one-third crumb mixture. Repeat procedure 3 times with remaining phyllo, butter, and crumb mixture. Top with apple mixture, leaving a 2-inch border around edges. Fold in short sides 2 inches.
- ☐ Roll up, starting at long side.

- ☐ Place, seam side down, on a greased baking sheet.
- ☐ Cut 1/4-inch-deep slits, 1 inch apart, across top.
- ☐ Brush strudel with butter.
- ☐ Bake at 375 for 25 minutes or until golden brown. Cool 10 minutes. Dust with powdered sugar.
- ☐ Beat cream at medium speed with an electric mixer until foamy; gradually add 1/4 cup powdered sugar, beating until soft peaks form. Stir in brandy and nutmeg.
- ☐ Serve with warm strudel.
- ☐ Note: For butter cookies, we used Pepperidge Farm Chessmaen Butter Cookies.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:40.53, Inflammation Score:-7, Nutrition Score:12.170869547388%

Flavonoids

Cyanidin: 4.44mg, Cyanidin: 4.44mg, Cyanidin: 4.44mg, Cyanidin: 4.44mg Delphinidin: 1.59mg, Delphinidin: 1.59mg, Delphinidin: 1.59mg, Delphinidin: 1.59mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg Epicatechin: 10.4mg, Epicatechin: 10.4mg, Epicatechin: 10.4mg, Epicatechin: 10.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg

Nutrients (% of daily need)

Calories: 853.05kcal (42.65%), Fat: 48.01g (73.85%), Saturated Fat: 12.1g (75.66%), Carbohydrates: 105.71g (35.24%), Net Carbohydrates: 99.55g (36.2%), Sugar: 76.82g (85.35%), Cholesterol: 26.89mg (8.96%), Sodium: 408.3mg (17.75%), Alcohol: 0.45g (100%), Alcohol %: 0.17% (100%), Protein: 6.58g (13.16%), Manganese: 1.17mg (58.35%), Vitamin A: 1251.39IU (25.03%), Fiber: 6.17g (24.66%), Vitamin B1: 0.3mg (19.99%), Copper: 0.36mg (17.99%), Vitamin B2: 0.22mg (12.96%), Phosphorus: 120.16mg (12.02%), Magnesium: 42.22mg (10.56%), Selenium: 7.23µg (10.32%), Vitamin C: 8.47mg (10.27%), Vitamin E: 1.5mg (9.99%), Potassium: 344.25mg (9.84%), Iron: 1.64mg (9.11%), Zinc: 1.25mg (8.31%), Folate: 30.65µg (7.66%), Vitamin B6: 0.14mg (7.21%), Vitamin B3: 1.43mg (7.14%), Calcium: 55.74mg (5.57%), Vitamin K: 5.29µg (5.04%), Vitamin B5: 0.44mg (4.36%), Vitamin D: 0.38µg (2.54%), Vitamin B12: 0.06µg (1.01%)