



Baklava

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



36

CALORIES



194 kcal

DESSERT

Ingredients

- 1 cup butter
- 1 teaspoon ground cinnamon
- 0.5 cup honey
- 1 pound nuts chopped
- 16 ounce phyllo dough
- 1 teaspoon vanilla extract
- 1 cup water
- 1 cup sugar white

Equipment

- frying pan
- oven
- knife

Directions

- Preheat oven to 350 degrees F(175 degrees C). Butter the bottoms and sides of a 9x13 inch pan.
- Chop nuts and toss with cinnamon. Set aside. Unroll phyllo dough.
- Cut whole stack in half to fit pan. Cover phyllo with a dampened cloth to keep from drying out as you work.
- Place two sheets of dough in pan, butter thoroughly. Repeat until you have 8 sheets layered.
- Sprinkle 2 - 3 tablespoons of nut mixture on top. Top with two sheets of dough, butter, nuts, layering as you go. The top layer should be about 6 - 8 sheets deep.
- Using a sharp knife cut into diamond or square shapes all the way to the bottom of the pan. You may cut into 4 long rows then make diagonal cuts.
- Bake for about 50 minutes until baklava is golden and crisp.
- Make sauce while baklava is baking. Boil sugar and water until sugar is melted.
- Add vanilla and honey. Simmer for about 20 minutes.
- Remove baklava from oven and immediately spoon sauce over it.
- Let cool.
- Serve in cupcake papers. This freezes well. Leave it uncovered as it gets soggy if it is wrapped up.

Nutrition Facts



PROTEIN 6.25% **FAT 55.36%** **CARBS 38.39%**

Properties

Glycemic Index:6.81, Glycemic Load:8.94, Inflammation Score:-3, Nutrition Score:3.979130404151%

Nutrients (% of daily need)

Calories: 193.89kcal (9.69%), Fat: 12.37g (19.03%), Saturated Fat: 4.3g (26.85%), Carbohydrates: 19.3g (6.43%), Net Carbohydrates: 17.88g (6.5%), Sugar: 9.45g (10.5%), Cholesterol: 13.56mg (4.52%), Sodium: 103.5mg (4.5%), Alcohol: 0.04g (100%), Alcohol %: 0.1% (100%), Protein: 3.14g (6.29%), Manganese: 0.32mg (15.9%), Copper: 0.18mg (8.86%), Magnesium: 30.57mg (7.64%), Phosphorus: 66mg (6.6%), Vitamin B1: 0.09mg (6.25%), Fiber: 1.41g (5.65%), Vitamin B3: 1.11mg (5.57%), Iron: 0.9mg (5%), Folate: 17.67µg (4.42%), Selenium: 3.07µg (4.39%), Vitamin B2: 0.07mg (4.31%), Zinc: 0.56mg (3.73%), Vitamin A: 159.63IU (3.19%), Potassium: 89.02mg (2.54%), Vitamin B6: 0.04mg (2.13%), Vitamin B5: 0.2mg (2%), Calcium: 12.82mg (1.28%), Vitamin E: 0.16mg (1.05%)