



Baklava

 Vegetarian

READY IN



600 min.

SERVINGS



28

CALORIES



329 kcal

DESSERT

Ingredients

- ☐ 6 ounces blanched almonds and
- ☐ 1 cinnamon sticks
- ☐ 5 inch cinnamon sticks
- ☐ 8 ounces ghee unsalted melted
- ☐ 1.3 cups honey
- ☐ 2 inch orange peel fresh
- ☐ 1 pound phyllo dough thawed
- ☐ 6 ounces roasted pistachio raw

- ☐ 1 teaspoon rosewater
- ☐ 0.7 cup sugar
- ☐ 1.3 cups sugar
- ☐ 6 ounces roasted walnuts raw
- ☐ 0.3 cup water
- ☐ 1.3 cups water
- ☐ 15 allspice whole

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack

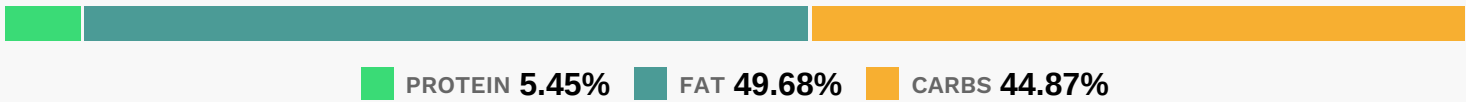
Directions

- ☐ Heat the oven to 350 degrees F.
- ☐ Place the cinnamon stick and whole allspice into a spice grinder and grind.
- ☐ Place the almonds, walnuts, pistachios, sugar and freshly ground spices into the bowl of a food processor and pulse until finely chopped, but not pasty or powdery, approximately 15 quick pulses. Set aside.
- ☐ Combine the water and rose water in a small spritz bottle and set aside.
- ☐ Trim the sheets of phyllo to fit the bottom of a 13 by 9 by 2-inch metal pan.
- ☐ Brush the bottom and sides of the pan with butter; lay down a sheet of phyllo and brush with butter. Repeat this step 9 more times for a total of 10 sheets of phyllo. Top with 1/3 of the nut mixture and spread thinly. Spritz thoroughly with the rose water.
- ☐ Layer 6 more sheets of phyllo with butter in between each of them, followed by another third of the nuts and spritz with rose water. Repeat with another 6 sheets of phyllo, butter, remaining nuts, and rose water. Top with 8 sheets of phyllo brushing with butter in between

each sheet.

- ☐ Brush the top generously with butter.
- ☐ Place in the oven and bake for 30 minutes.
- ☐ Remove pan from the oven and cut into 28 squares. Return pan to the oven and continue to bake for another 30 minutes.
- ☐ Remove pan from the oven, place on a cooling rack, and cool for 2 hours before adding the syrup.
- ☐ Make the syrup during the last 30 minutes of cooling.
- ☐ Combine the honey, water, sugar, cinnamon stick and orange peel in a 4-quart saucepan and set over high heat. Stir occasionally until the sugar has dissolved. Once boiling, boil for 10 minutes, stirring occasionally.
- ☐ Remove from the heat and discard the orange peel and cinnamon stick.
- ☐ After the baklava has cooled for 2 hours, re-cut the entire pan following the same lines as before.
- ☐ Pour the hot syrup evenly over the top of the baklava, allowing it to run into the cuts and around the edges of the pan. Allow the pan to sit, uncovered until completely cool. Cover and store at room temperature for at least 8 hours and up to overnight before serving. Store, covered, at room temperature for up to 5 days.

Nutrition Facts



Properties

Glycemic Index:10.48, Glycemic Load:19.46, Inflammation Score:-2, Nutrition Score:6.3408695770347%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 328.89kcal (16.44%), Fat: 18.99g (29.22%), Saturated Fat: 6.2g (38.78%), Carbohydrates: 38.59g (12.86%), Net Carbohydrates: 36.43g (13.25%), Sugar: 27.03g (30.03%), Cholesterol: 20.74mg (6.91%), Sodium: 81.2mg (3.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.38%), Manganese: 0.54mg (26.81%), Copper: 0.26mg (13.21%), Vitamin B1: 0.17mg (11.54%), Vitamin E: 1.65mg (10.97%), Phosphorus: 93.05mg (9.31%), Magnesium: 36.38mg (9.1%), Fiber: 2.16g (8.66%), Vitamin B6: 0.15mg (7.61%), Vitamin B2: 0.13mg (7.41%), Selenium: 4.91µg (7.01%), Iron: 1.24mg (6.86%), Folate: 26.68µg (6.67%), Vitamin B3: 1.04mg (5.22%), Potassium: 151.48mg (4.33%), Zinc: 0.62mg (4.16%), Calcium: 33.56mg (3.36%), Vitamin B5: 0.15mg (1.46%)