

Baklava

 Vegetarian

READY IN

ready

60 min.

SERVINGS

servings

24

CALORIES

calories

241 kcal

DESSERT

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 1 cup honey
- ☐ 2 cups pecans chopped
- ☐ 16 ounce phyllo dough
- ☐ 1 cup butter unsalted
- ☐ 1.5 cups water
- ☐ 0.3 cup sugar white

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Melt the butter over low heat.
- ☐ Pour 2 tablespoons of the butter into the bottom of a 9x13 inch baking pan.
- ☐ Layer 3 sheets of the phyllo dough in the pan. Trim dough to fit.
- ☐ Sprinkle 2 tablespoons of pecans over the phyllo dough.
- ☐ Layer 3 more sheets of dough, brush generously with the melted butter, and sprinkle with 2 tablespoons of pecans. Continue dough -butter- pecan layers until pan is 3/4 full.
- ☐ With a sharp knife, score phyllo dough to form diamonds. Press a clove at each end of the diamonds.
- ☐ Pour remaining butter over the dough.
- ☐ Bake 45 to 50 minutes in the preheated oven, until golden brown.
- ☐ Meanwhile, combine the sugar, water and cinnamon stick in a medium saucepan, and bring to boil, stirring constantly. Simmer for 10 minutes.
- ☐ Add the honey and simmer for 2 minutes longer.
- ☐ Remove from heat and discard cinnamon stick.
- ☐ Pour honey mixture over hot baklava.
- ☐ Let cool on wire racks.
- ☐ Cut into diamonds.
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Nutrition Facts



 **PROTEIN 3.68%**  **FAT 55.21%**  **CARBS 41.11%**

Properties

Glycemic Index:7.31, Glycemic Load:11.69, Inflammation Score:-3, Nutrition Score:4.5273913112671%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 241.09kcal (12.05%), Fat: 15.36g (23.63%), Saturated Fat: 5.7g (35.61%), Carbohydrates: 25.73g (8.58%), Net Carbohydrates: 24.4g (8.87%), Sugar: 14.77g (16.41%), Cholesterol: 20.34mg (6.78%), Sodium: 93.67mg (4.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.61%), Manganese: 0.54mg (26.8%), Vitamin B1: 0.16mg (10.85%), Selenium: 4.98µg (7.11%), Copper: 0.14mg (6.89%), Fiber: 1.34g (5.35%), Iron: 0.91mg (5.06%), Vitamin B2: 0.09mg (5.03%), Vitamin A: 241.88IU (4.84%), Folate: 19.21µg (4.8%), Vitamin B3: 0.9mg (4.5%), Phosphorus: 42.26mg (4.23%), Zinc: 0.55mg (3.65%), Magnesium: 14.53mg (3.63%), Vitamin E: 0.37mg (2.43%), Potassium: 61.53mg (1.76%), Vitamin B5: 0.16mg (1.56%), Vitamin K: 1.5µg (1.43%), Vitamin B6: 0.03mg (1.43%), Calcium: 13.49mg (1.35%)