



Baklava

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



186 kcal

DESSERT

Ingredients

- ☐ 1.5 cups butter melted
- ☐ 0.5 teaspoon ground cardamom
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 cup honey
- ☐ 0.3 optional: lemon
- ☐ 1 pound dough thawed
- ☐ 0.5 cup sugar

- ☐ 2 cups sugar
- ☐ 3.5 cups walnuts chopped
- ☐ 1.5 cups water

Equipment

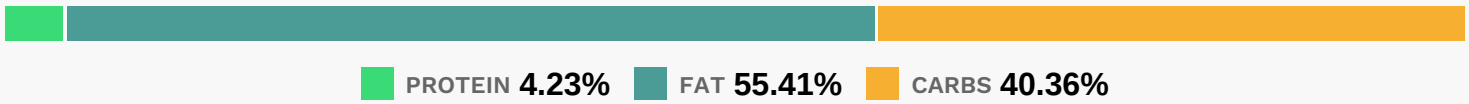
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Preheat the oven to 375°F.
- ☐ Mix together the walnuts, sugar, and spices and set aside.
- ☐ As you work, keep the sheets of phyllo covered with plastic wrap to keep them from drying out.
- ☐ Place 1 sheet of phyllo on the bottom of a jelly roll pan (12-inch x16-inch).
- ☐ Brush the dough lightly with melted butter. Repeat this process until there are 8 sheets of phyllo in the pan.
- ☐ Sprinkle one-third of the nut mixture onto the phyllo sheets.
- ☐ Place 4 more sheets of phyllo on top of the nuts, brushing melted butter between each sheet.
- ☐ Place another one-third of the nut mixture on the dough.
- ☐ Layer the remaining sheets of phyllo on top of the nuts, brushing melted butter in between each sheet.
- ☐ Brush the top sheet with butter as well.
- ☐ Trim the edges so that they do not stand above the level of the dough.
- ☐ Cut the pastry into 2-inch squares, making sure not to slice through the bottom layer of phyllo dough. Leaving the bottom layer uncut will allow the syrup to soak in more efficiently.
- ☐ Bake at 375°F for 25–30 minutes or until the top layer of the phyllo takes on a light golden brown color.
- ☐ While the dough bakes prepare the syrup.
- ☐ Combine all of the ingredients and bring to a boil.

- ☐ Remove the clove and lemon peel.
- ☐ Remove the pan from the oven and immediately pour hot syrup over the baklava.
- ☐ Before serving allow the baklava to stand at room temperature until cooled. Slice through the bottom layer of phyllo dough and serve.
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Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:10.74, Inflammation Score:-2, Nutrition Score:3.2030435081409%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 186.11kcal (9.31%), Fat: 11.92g (18.34%), Saturated Fat: 4.31g (26.93%), Carbohydrates: 19.54g (6.51%), Net Carbohydrates: 18.73g (6.81%), Sugar: 13.55g (15.06%), Cholesterol: 15.25mg (5.08%), Sodium: 92.09mg (4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.1%), Manganese: 0.36mg (17.95%), Copper: 0.15mg (7.44%), Vitamin B1: 0.08mg (5.39%), Folate: 17.03µg (4.26%), Selenium: 2.79µg (3.98%), Phosphorus: 38.61mg (3.86%), Magnesium: 15.33mg (3.83%), Vitamin A: 179.24IU (3.58%), Iron: 0.58mg (3.24%), Fiber: 0.81g (3.22%), Vitamin B2: 0.05mg (3%), Vitamin B6: 0.05mg (2.52%), Vitamin B3: 0.49mg (2.45%), Zinc: 0.33mg (2.19%), Vitamin E: 0.23mg (1.56%), Potassium: 49.66mg (1.42%), Calcium: 12.35mg (1.23%)