



## Baklava



Vegetarian



Popular

READY IN



60 min.

SERVINGS



24

CALORIES



296 kcal

DESSERT

## Ingredients

- ☐ 1 pound nuts chopped (almonds, walnuts, or pistachios are best, or use a combination of them)
- ☐ 1 pound phyllo dough
- ☐ 1 cup butter melted
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 cup water
- ☐ 1 cup sugar

- ☐ 0.5 cup honey
- ☐ 2 tablespoons juice of lemon
- ☐ 1 cinnamon sticks

## Equipment

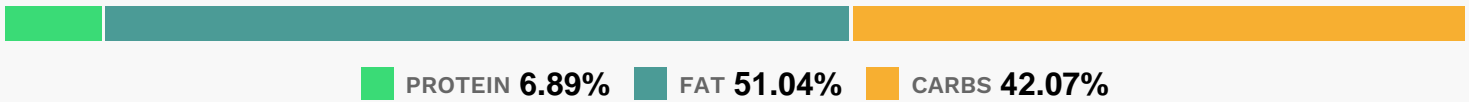
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ microwave
- ☐ pastry brush

## Directions

- ☐ Lightly grease a 9x13 pan and set the oven to 350°F.
- ☐ Thaw the phyllo dough according to manufacturer's directions (this may take overnight). When thawed, roll out the dough and cut the dough in half so the sheets will fit in the pan. Cover with a damp towel to keep it from drying out.
- ☐ Process the nuts until in small, even sized pieces.
- ☐ Combine with sugar, cinnamon, and cloves. In a separate bowl, melt the butter in the microwave.
- ☐ Place a sheet of phyllo dough into the pan. Using a pastry brush, brush the phyllo sheet with melted butter. Repeat 7 more times until it is 8 sheets thick, each sheet being "painted" with the butter.
- ☐ Spoon on a thin layer of the nut mixture. Cover with two more sheets of phyllo, brushing each one with butter. Continue to repeat the nut mixture and two buttered sheets of phyllo until the nut mixture is all used up. The top layer should be 8 phyllo sheets thick, each sheet being individually buttered. Do not worry if the sheets crinkle up a bit, it will just add more texture.
- ☐ Cut into 24 equal sized squares using a sharp knife.
- ☐ Bake at 350°F for 30–35 minutes or until lightly golden brown, and edges appear slightly crisp.
- ☐ While baking, make the syrup.

- ☐
- Combine the cinnamon stick, sugar, lemon juice, honey, and water in a saucepan. Bring to a boil, then reduce to medium low heat and let simmer for 7 minutes and slightly thickened.
- ☐
- Remove the cinnamon stick and allow to cool.
- ☐
- Spoon the cooled syrup over the hot baklava and let cool for at least 4 hours.
- ☐
- Garnish with some finely crushed pistachios of desired.

## Nutrition Facts



## Properties

Glycemic Index:12.85, Glycemic Load:15.02, Inflammation Score:-4, Nutrition Score:6.8273912784846%

## Flavonoids

Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 295.71kcal (14.79%), Fat: 17.43g (26.81%), Saturated Fat: 6.19g (38.7%), Carbohydrates: 32.32g (10.77%), Net Carbohydrates: 29.87g (10.86%), Sugar: 18.41g (20.46%), Cholesterol: 20.34mg (6.78%), Sodium: 153.29mg (6.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.58%), Manganese: 0.38mg (18.99%), Vitamin B1: 0.27mg (17.84%), Vitamin B6: 0.33mg (16.5%), Copper: 0.27mg (13.54%), Phosphorus: 109.61mg (10.96%), Fiber: 2.45g (9.82%), Selenium: 5.95µg (8.51%), Iron: 1.41mg (7.82%), Folate: 26.97µg (6.74%), Magnesium: 26.42mg (6.6%), Vitamin A: 315.59IU (6.31%), Potassium: 216.43mg (6.18%), Vitamin B2: 0.1mg (6.06%), Vitamin B3: 1.03mg (5.16%), Vitamin E: 0.68mg (4.53%), Zinc: 0.54mg (3.6%), Calcium: 27.57mg (2.76%), Vitamin C: 1.59mg (1.92%), Vitamin B5: 0.17mg (1.73%), Vitamin K: 1.25µg (1.19%)