



Baklava Cigars

 Vegetarian

READY IN



130 min.

SERVINGS



20

CALORIES



269 kcal

DESSERT

Ingredients

- 1 cup brown sugar
- 2 tablespoons brown sugar
- 3 cinnamon sticks
- 1 egg white at room temperature
- 0.1 teaspoon ground cloves
- 1.5 tablespoons honey (such as sage or thyme)
- 0.5 tablespoon juice of lime fresh
- 0.8 cup pecans coarsely chopped

- 0.5 package phyllo pastry frozen thawed
- 0.3 cup powdered sugar
- 0.8 teaspoon pepper flakes red
- 0.8 cup syrup
- 0.3 cup slivered almonds toasted
- 1 cup butter unsalted melted
- 0.8 cup walnuts coarsely chopped
- 0.8 cup water

Equipment

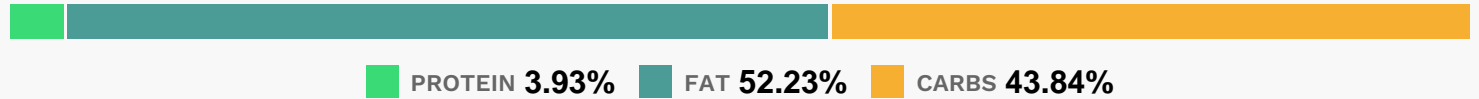
- bowl
- baking sheet
- sauce pan
- oven
- hand mixer

Directions

- To make the syrup: In a medium saucepan over medium heat, combine all the ingredients, bring to a boil. Reduce the heat and simmer for 20 to 30 minutes. Set aside to cool, then strain into a medium bowl.
- Preheat the oven to 300 degrees F.
- To make the filling: In a clean bowl, add egg white and beat with a hand mixer until thick, about 5 to 6 minutes. In a medium bowl, combine the walnuts, pecans, brown sugar and cloves. Gently fold in the egg whites and 3/4 cup of the syrup, until combined.
- Remove the phyllo from the package, being careful to keep it covered and cool. Take out 1 sheet and put it on a work surface. Gently brush with butter and fold in half.
- Add approximately 1/4 cup filling, toward the bottom half of the pastry and fold over the long end.
- Roll up, tucking in the ends as you roll. Set on a parchment lined baking sheet and brush with butter. Repeat until all cigars are assembled.

- Bake in the preheated oven for 25 to 35 minutes, keeping an eye on them so they don't brown too quickly.
- Remove from oven, let cool for 2 minutes. On a clean work surface, cut the baklava in half on the diagonal and transfer to a serving tray or platter.
- Drizzle with remaining syrup, sprinkle with slivered almonds and dust with powdered sugar. Can be served warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:2.31, Inflammation Score:-6, Nutrition Score:4.7391304283038%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 268.64kcal (13.43%), Fat: 16.39g (25.22%), Saturated Fat: 6.58g (41.1%), Carbohydrates: 30.97g (10.32%), Net Carbohydrates: 29.51g (10.73%), Sugar: 21.31g (23.68%), Cholesterol: 24.4mg (8.13%), Sodium: 72.88mg (3.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.55%), Manganese: 0.54mg (26.83%), Copper: 0.16mg (7.96%), Vitamin B1: 0.11mg (7.15%), Vitamin A: 335.75IU (6.72%), Fiber: 1.45g (5.82%), Selenium: 3.67µg (5.24%), Magnesium: 20.13mg (5.03%), Vitamin E: 0.75mg (4.99%), Iron: 0.89mg (4.92%), Vitamin B2: 0.08mg (4.71%), Phosphorus: 46.11mg (4.61%), Calcium: 41.57mg (4.16%), Folate: 16.61µg (4.15%), Vitamin B3: 0.65mg (3.26%), Zinc: 0.46mg (3.04%), Potassium: 83.3mg (2.38%), Vitamin B6: 0.05mg (2.36%), Vitamin K: 1.6µg (1.53%), Vitamin B5: 0.14mg (1.37%), Vitamin C: 1.08mg (1.3%), Vitamin D: 0.17µg (1.13%)