



Baklava Cups

READY IN



365 min.

SERVINGS



30

CALORIES



64 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds
- ☐ 2 tablespoons butter melted
- ☐ 2 boxes filo shells mini
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 lemon zest
- ☐ 0.5 cup pistachios
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup plus 3 tablespoons sugar
- ☐ 0.3 teaspoon vanilla extract

- ☐ 0.5 cup walnuts
- ☐ 0.5 cup water

Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F.
- ☐ Arrange the pistachios, walnuts, and almonds on a baking sheet and toast in the oven until golden and fragrant, about 8 minutes.
- ☐ Let nuts cool slightly and add to a food processor along with the lemon zest, 3 tablespoons of sugar, butter, cinnamon, salt, and vanilla and pulse to combine.
- ☐ Place mini fillo shells in wells of 2 mini cupcake pans.
- ☐ Add 1 teaspoon of the nut mixture into each shell.
- ☐ Bake until filling is hot, about 10 minutes.
- ☐ Meanwhile, in a small saucepan over medium heat add the water, 1/4 cup sugar and honey and bring to a boil. Reduce heat to a simmer and cook until reduced and slightly thickened, 8 to 10 minutes.
- ☐ Pour 1 teaspoon syrup into each cup and allow it to soak in, then repeat with another teaspoon. Refrigerate at least 5 hours, or overnight.

Nutrition Facts



Properties

Glycemic Index:5.77, Glycemic Load:1.28, Inflammation Score:-1, Nutrition Score:1.7700000041691%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 64.01kcal (3.2%), Fat: 4.65g (7.16%), Saturated Fat: 0.8g (5.03%), Carbohydrates: 5.09g (1.7%), Net Carbohydrates: 4.4g (1.6%), Sugar: 1.99g (2.21%), Cholesterol: 2.01mg (0.67%), Sodium: 52.55mg (2.28%), Alcohol: 0.01g (100%), Alcohol %: 0.09% (100%), Protein: 1.73g (3.46%), Manganese: 0.16mg (7.88%), Vitamin E: 0.69mg (4.63%), Copper: 0.08mg (4.17%), Magnesium: 12.13mg (3.03%), Phosphorus: 28.55mg (2.85%), Fiber: 0.7g (2.79%), Vitamin B6: 0.05mg (2.45%), Vitamin B2: 0.03mg (2.01%), Vitamin B1: 0.03mg (1.97%), Potassium: 48mg (1.37%), Iron: 0.23mg (1.3%), Zinc: 0.18mg (1.22%), Calcium: 11.8mg (1.18%), Folate: 4.06µg (1.02%)