



Baklava II

 Vegetarian

READY IN



90 min.

SERVINGS



24

CALORIES



371 kcal

DESSERT

Ingredients

- ☐ 1.5 pounds almonds chopped
- ☐ 1 cinnamon sticks
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 cup honey
- ☐ 0.3 optional: lemon
- ☐ 16 ounce phyllo pastry frozen thawed
- ☐ 1.5 cups butter unsalted melted

- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups water
- ☐ 2 tablespoons sugar white

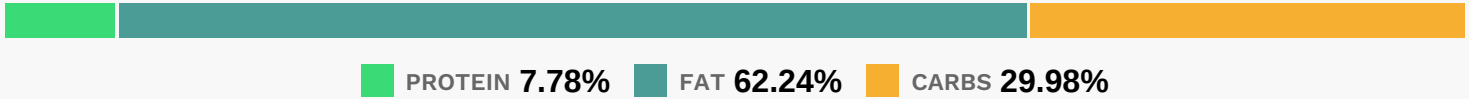
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). In a saucepan over medium heat, combine 2 cups sugar, water, honey, cinnamon stick, lemon and vanilla. Bring to a boil, then simmer for 15 minutes, skimming any foam that is formed. Set side.
- ☐ In a small bowl, combine chopped almonds, 2 tablespoons sugar, ground cinnamon and cloves; set aside.
- ☐ Brush butter on bottom of a 9x13 inch pan. Each sheet of phyllo dough is twice as big as the pan, so cut each in half, making 2 sheets.
- ☐ Place a sheet of phyllo on bottom of pan, and brush with melted butter. Repeat process for a total of 8 sheets, buttering each.
- ☐ Sprinkle about 1/4 to 1/3 cup of nut mixture evenly over the phyllo, and cover with 4 more sheets, buttering each. Continue sprinkling nuts after every 4 sheets of phyllo, until all but 8 sheets (4 full sheets) are used.
- ☐ Use remaining 8 sheets for the top layer, buttering each sheet of phyllo. Before buttering the last sheet, tuck in any loose edges. Press down layers with palms of your hands.
- ☐ Pour remaining butter over the top. With a large knife, cut 5 strips lengthwise about 1/2 inch deep, then cut diagonally to form diamond shapes.
- ☐ Bake in preheated oven for 50 to 60 minutes, or until golden brown.
- ☐ Remove from oven, and immediately pour syrup over baklava. Allow to cool thoroughly.
- ☐ Cut diamonds to go all the way through, and serve.

Nutrition Facts



Properties

Glycemic Index:8.58, Glycemic Load:10.69, Inflammation Score:-5, Nutrition Score:11.597826070112%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 370.65kcal (18.53%), Fat: 26.8g (41.24%), Saturated Fat: 8.65g (54.04%), Carbohydrates: 29.05g (9.68%), Net Carbohydrates: 24.95g (9.07%), Sugar: 13.93g (15.47%), Cholesterol: 30.5mg (10.17%), Sodium: 94.87mg (4.12%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Protein: 7.54g (15.08%), Vitamin E: 7.61mg (50.75%), Manganese: 0.82mg (40.77%), Vitamin B2: 0.4mg (23.45%), Magnesium: 80.5mg (20.12%), Fiber: 4.1g (16.39%), Copper: 0.32mg (16.16%), Phosphorus: 154.89mg (15.49%), Vitamin B1: 0.16mg (10.78%), Iron: 1.75mg (9.73%), Vitamin B3: 1.82mg (9.12%), Calcium: 86.06mg (8.61%), Selenium: 5.84µg (8.34%), Folate: 29.96µg (7.49%), Vitamin A: 355.82IU (7.12%), Zinc: 1.03mg (6.86%), Potassium: 235.77mg (6.74%), Vitamin B6: 0.05mg (2.49%), Vitamin B5: 0.22mg (2.18%), Vitamin K: 1.6µg (1.52%), Vitamin D: 0.21µg (1.42%)