



Banana Chocolate Strudel

READY IN



45 min.

SERVINGS



6

CALORIES



194 kcal

Ingredients

- ☐ 2 oz bittersweet chocolate unsweetened finely chopped (not)
- ☐ 1 large water with 1 teaspoon water beaten
- ☐ 6 servings accompaniment: lightly whipped cream sweetened
- ☐ 4 sheets athens phyllo shells with 2 overlapping pieces plastic wrap and then a damp kitchen towel (17- by)
- ☐ 2 banana
- ☐ 3 tablespoons butter unsalted melted

Equipment

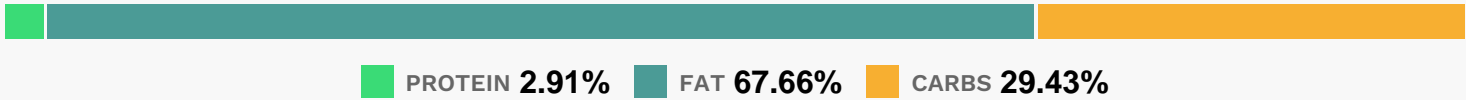
- ☐ baking sheet
- ☐ baking paper

- ☐ oven
- ☐ knife

Directions

- ☐ Preheat oven to 425°F.
- ☐ Arrange 1 phyllo sheet on a work surface with a short side of phyllo nearest you, keeping remaining sheets covered, and brush with some butter. Top phyllo with 3 more sheets of phyllo, brushing each with butter. Arrange bananas one above the other, horizontally, on lower third of phyllo, leaving a 1-inch border on both sides (trim bananas if too long).
- ☐ Sprinkle chocolate over bananas, then fold sides of phyllo toward middle (over ends of bananas). Fold bottom edge of phyllo over bananas and roll up bananas in phyllo.
- ☐ Transfer strudel, seam side down, to a baking sheet lined with parchment paper or to a buttered baking sheet, then brush strudel with beaten egg.
- ☐ Cut 4 (1/2-inch-long) steam vents diagonally along top of strudel with a sharp knife.
- ☐ Bake in middle of oven until golden, about 12 to 15 minutes. Cool slightly on a rack, then dust with confectioners sugar.

Nutrition Facts



Properties

Glycemic Index:9.13, Glycemic Load:4.35, Inflammation Score:-4, Nutrition Score:3.6873913031557%

Flavonoids

Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 193.97kcal (9.7%), Fat: 15.07g (23.19%), Saturated Fat: 9.17g (57.32%), Carbohydrates: 14.75g (4.92%), Net Carbohydrates: 12.97g (4.72%), Sugar: 9.35g (10.39%), Cholesterol: 36.17mg (12.06%), Sodium: 9.36mg (0.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.13mg (2.71%), Protein: 1.46g (2.92%), Manganese: 0.23mg (11.58%), Vitamin A: 422.33IU (8.45%), Copper: 0.15mg (7.51%), Vitamin B6: 0.15mg (7.39%), Fiber: 1.78g (7.11%), Magnesium: 27.43mg (6.86%), Potassium: 196.07mg (5.6%), Vitamin C: 3.51mg (4.26%), Iron: 0.7mg (3.89%), Phosphorus: 34.9mg (3.49%), Zinc: 0.32mg (2.11%), Vitamin B2: 0.04mg (2.1%), Folate: 8.08µg (2.02%), Calcium:

20.11mg (2.01%), Selenium: 1.26µg (1.8%), Vitamin B3: 0.34mg (1.72%), Vitamin E: 0.26mg (1.72%), Vitamin B5: 0.17mg (1.67%), Vitamin K: 1.37µg (1.3%), Vitamin B1: 0.02mg (1.04%)