



Blueberry-Raspberry Phyllo Croustade

 Dairy Free

READY IN



70 min.

SERVINGS



1

CALORIES



2720 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 21 ounces peach pie filling canned
- 2 cups blueberries
- 0.5 cup butter melted
- 2 tablespoons cornstarch
- 1 teaspoon orange zest grated
- 16 sheets dough frozen thawed () (18 x 14 inches)
- 1 serving powdered sugar
- 1 serving whipped cream

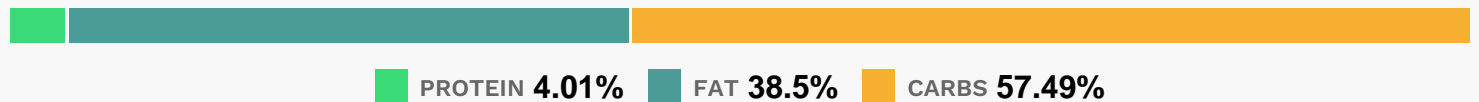
Equipment

- frying pan
- sauce pan
- oven
- pizza pan

Directions

- Heat oven to 375F.
- Heat pie filling, cornstarch and orange peel to boiling in 2-quart saucepan over medium heat, stirring constantly. Gently stir in blueberries; remove from heat.
- Cover phyllo sheets with damp towel to prevent them from drying out. Fold each sheet lengthwise in half. Arrange sheets in a spoke pattern in 12-inch pizza pan or jelly roll pan, 15 1/2x10 1/2x1 inch, brushing each strip with butter as it is added and overlapping ends of sheets in center of pan.
- Spoon fruit mixture onto center of phyllo, forming 9-inch circle. Fold each sheet of phyllo up over filling, twisting and folding as necessary and leaving 3 1/2- to 4-inch opening in center.
- Brush phyllo with remaining butter.
- Bake 25 to 30 minutes or until phyllo is golden brown.
- Sprinkle with powdered sugar.
- Serve warm or cool with ice cream.

Nutrition Facts



Properties

Glycemic Index:139, Glycemic Load:82.11, Inflammation Score:-10, Nutrition Score:49.396521459455%

Flavonoids

Cyanidin: 25.04mg, Cyanidin: 25.04mg, Cyanidin: 25.04mg, Cyanidin: 25.04mg Petunidin: 93.33mg, Petunidin: 93.33mg, Petunidin: 93.33mg, Petunidin: 93.33mg Delphinidin: 104.87mg, Delphinidin: 104.87mg, Delphinidin: 104.87mg, Delphinidin: 104.87mg Malvidin: 200.07mg, Malvidin: 200.07mg, Malvidin: 200.07mg, Malvidin:

200.07mg Peonidin: 60.06mg, Peonidin: 60.06mg, Peonidin: 60.06mg, Peonidin: 60.06mg Catechin: 15.66mg, Catechin: 15.66mg, Catechin: 15.66mg, Catechin: 15.66mg Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 4.91mg, Kaempferol: 4.91mg, Kaempferol: 4.91mg, Kaempferol: 4.91mg Myricetin: 3.85mg, Myricetin: 3.85mg, Myricetin: 3.85mg, Myricetin: 3.85mg Quercetin: 22.7mg, Quercetin: 22.7mg, Quercetin: 22.7mg, Quercetin: 22.7mg Gallocatechin: 0.36mg, Gallocatechin: 0.36mg, Gallocatechin: 0.36mg, Gallocatechin: 0.36mg

Nutrients (% of daily need)

Calories: 2719.73kcal (135.99%), Fat: 118.45g (182.23%), Saturated Fat: 27.99g (174.93%), Carbohydrates: 397.89g (132.63%), Net Carbohydrates: 378.24g (137.54%), Sugar: 134g (148.89%), Cholesterol: 29.04mg (9.68%), Sodium: 2875.85mg (125.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.77g (55.55%), Manganese: 2.62mg (130.82%), Vitamin B1: 1.87mg (124.43%), Selenium: 74.62µg (106.6%), Vitamin A: 4648.88IU (92.98%), Vitamin B2: 1.43mg (83.95%), Fiber: 19.65g (78.61%), Folate: 290.32µg (72.58%), Vitamin B3: 13.95mg (69.74%), Iron: 12.47mg (69.27%), Vitamin K: 67.9µg (64.67%), Vitamin C: 42.18mg (51.12%), Copper: 0.83mg (41.44%), Phosphorus: 403.1mg (40.31%), Vitamin E: 5.89mg (39.27%), Potassium: 904.67mg (25.85%), Magnesium: 88.83mg (22.21%), Vitamin B5: 2.02mg (20.24%), Calcium: 197.16mg (19.72%), Vitamin B6: 0.39mg (19.29%), Zinc: 2.67mg (17.81%), Vitamin B12: 0.37µg (6.18%)