



Blueberry-Raspberry Phyllo Croustade

 Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



680 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

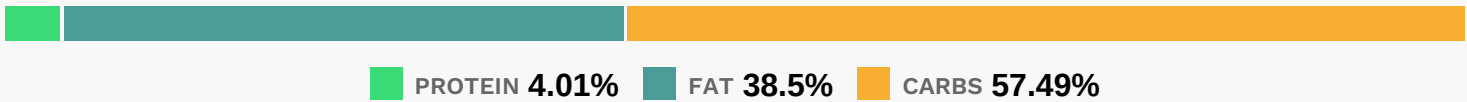
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Heat oven to 375°F.
- ☐ 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:34.75, Glycemic Load:20.53, Inflammation Score:-8, Nutrition Score:13.021739004747%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin:

15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 679.93kcal (34%), Fat: 29.61g (45.56%), Saturated Fat: 7g (43.73%), Carbohydrates: 99.47g (33.16%), Net Carbohydrates: 94.56g (34.39%), Sugar: 33.5g (37.22%), Cholesterol: 7.26mg (2.42%), Sodium: 718.96mg (31.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.89%), Manganese: 0.65mg (32.71%), Vitamin B1: 0.47mg (31.11%), Selenium: 18.65µg (26.65%), Vitamin A: 1162.22IU (23.24%), Vitamin B2: 0.36mg (20.99%), Fiber: 4.91g (19.65%), Folate: 72.58µg (18.14%), Vitamin B3: 3.49mg (17.44%), Iron: 3.12mg (17.32%), Vitamin K: 16.98µg (16.17%), Vitamin C: 10.54mg (12.78%), Copper: 0.21mg (10.36%), Phosphorus: 100.77mg (10.08%), Vitamin E: 1.47mg (9.82%), Potassium: 226.17mg (6.46%), Magnesium: 22.21mg (5.55%), Vitamin B5: 0.51mg (5.06%), Calcium: 49.29mg (4.93%), Vitamin B6: 0.1mg (4.82%), Zinc: 0.67mg (4.45%), Vitamin B12: 0.09µg (1.55%)