



Blueberry Strudels

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



380 kcal

DESSERT

Ingredients

- ☐ 3 cups blueberries fresh thawed (not)
- ☐ 2 tablespoons cornstarch
- ☐ 0.3 cup granulated sugar plus more for sprinkling
- ☐ 9 sheets phyllo frozen thawed (9 by 14-inch)
- ☐ 1 pinch salt
- ☐ 5 tablespoons butter unsalted melted plus more for pan

Equipment

- ☐ bowl

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ plastic wrap

Directions

- ☐ Watch how to make this recipe.
- ☐ In a 4-quart heavy saucepan over moderate heat, bring the blueberries, 1/4 cup sugar, cornstarch and a pinch of salt to a boil. Lower the heat and simmer 3 to 4 minutes, stirring occasionally.
- ☐ Transfer to a medium bowl and let cool completely.
- ☐ Preheat the oven to 400 degrees F. Butter a sheet pan.
- ☐ Cover the phyllo sheets with a piece of plastic wrap and a damp paper towel.
- ☐ Arrange 1 sheet of phyllo on a work surface with the short side nearest you (keep the remaining sheets covered) and brush with some butter. Top with 2 more phyllo sheets, brushing each sheet with butter.
- ☐ Place a heaping 1/4 cup blueberry mixture over the lower third of the buttered phyllo, leaving a 2-inch border along the bottom and sides. Fold the bottom edge of the phyllo up over the blueberry mixture and fold in the sides to enclose the filling completely.
- ☐ Roll up the phyllo to form a strudel, about 4 by 2 inches.
- ☐ Transfer, seam-side down, to the prepared sheet pan.
- ☐ Brush the top with some butter and sprinkle with sugar. Using a paring knife, cut 2 vents across the top of the strudel. Repeat with the remaining ingredients.
- ☐ Bake until golden brown and crisp, 15 to 20 minutes.
- ☐ Transfer to a rack and cool 20 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.02, Glycemic Load:22.33, Inflammation Score:-6, Nutrition Score:8.8195652080619%

Flavonoids

Cyanidin: 9.39mg, Cyanidin: 9.39mg, Cyanidin: 9.39mg, Cyanidin: 9.39mg Petunidin: 35mg, Petunidin: 35mg, Petunidin: 35mg, Petunidin: 35mg Delphinidin: 39.33mg, Delphinidin: 39.33mg, Delphinidin: 39.33mg, Delphinidin: 39.33mg Malvidin: 75.02mg, Malvidin: 75.02mg, Malvidin: 75.02mg, Malvidin: 75.02mg Peonidin: 22.52mg, Peonidin: 22.52mg, Peonidin: 22.52mg Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 379.93kcal (19%), Fat: 17.17g (26.41%), Saturated Fat: 9.65g (60.31%), Carbohydrates: 54.69g (18.23%), Net Carbohydrates: 51.18g (18.61%), Sugar: 23.62g (26.24%), Cholesterol: 37.63mg (12.54%), Sodium: 219.69mg (9.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.03%), Manganese: 0.58mg (28.99%), Vitamin K: 23.72µg (22.59%), Vitamin B1: 0.27mg (18.21%), Selenium: 10.43µg (14.91%), Fiber: 3.51g (14.05%), Vitamin C: 10.77mg (13.05%), Vitamin B2: 0.2mg (11.74%), Folate: 44.81µg (11.2%), Vitamin B3: 2.21mg (11.06%), Vitamin A: 497.27IU (9.95%), Iron: 1.71mg (9.51%), Vitamin E: 1.07mg (7.15%), Copper: 0.11mg (5.61%), Phosphorus: 50.1mg (5.01%), Vitamin B6: 0.07mg (3.55%), Potassium: 121.68mg (3.48%), Magnesium: 13.54mg (3.39%), Vitamin B5: 0.29mg (2.86%), Zinc: 0.41mg (2.71%), Vitamin D: 0.26µg (1.75%), Calcium: 15.77mg (1.58%)