



Cherry-Chocolate Strudel

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



314 kcal

DESSERT

Ingredients

- ☐ 0.1 lb butter melted
- ☐ 0.3 cup vanilla cookie crumbs
- ☐ 1 cup bing dark sweet frozen pitted rinsed (or use cherries)
- ☐ 6 sheets filo dough (12 by 18 in.)
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup semi chocolate chips
- ☐ 0.3 cup slivered almonds
- ☐ 0.3 cup sugar

☐ 0.3 cup cherries dried sweet

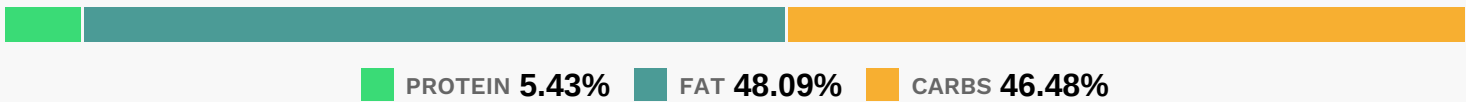
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ spatula

Directions

- ☐ In a bowl, gently mix cookie crumbs, fresh cherries, dried cherries, almonds, chocolate chips, sugar, cinnamon, and kirsch.
- ☐ Lay 1 filo sheet flat (cover remaining filo with plastic wrap to prevent drying) and brush lightly with butter. Cover with another filo sheet and brush lightly with more butter. Repeat to stack remaining filo.
- ☐ Spread cherry–chocolate filling in a 3–inch–wide band along 1 long edge of the dough, 2 inches in from edge and the ends. Fold long edge, then the ends of dough over filling. Gently roll the filled side of dough forward to form a compact cylinder, ending seam side down.
- ☐ Gently transfer the strudel roll, seam down, to a buttered 12– by 15–inch baking sheet.
- ☐ Brush top of roll with remaining melted butter.
- ☐ Bake on the center rack in a 375 regular or convection oven until golden brown, 15 to 25 minutes. Using 2 wide spatulas, transfer strudel to a platter.
- ☐ Sprinkle lightly with powdered sugar, if desired.
- ☐ Cut into 1 1/2–inch–wide slices and serve warm.

Nutrition Facts



Properties

Glycemic Index:34.85, Glycemic Load:12.46, Inflammation Score:-6, Nutrition Score:7.0156521369582%

Flavonoids

Cyanidin: 7.1mg, Cyanidin: 7.1mg, Cyanidin: 7.1mg, Cyanidin: 7.1mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 1.19mg, Epicatechin: 1.19mg, Epicatechin: 1.19mg, Epicatechin: 1.19mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 314.35kcal (15.72%), Fat: 17.1g (26.31%), Saturated Fat: 4.75g (29.67%), Carbohydrates: 37.19g (12.4%), Net Carbohydrates: 34g (12.36%), Sugar: 19.92g (22.13%), Cholesterol: 0.6mg (0.2%), Sodium: 202.73mg (8.81%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Caffeine: 8.6mg (2.87%), Protein: 4.34g (8.68%), Manganese: 0.43mg (21.47%), Vitamin E: 2.06mg (13.72%), Fiber: 3.19g (12.75%), Vitamin A: 602.13IU (12.04%), Copper: 0.23mg (11.29%), Iron: 1.84mg (10.22%), Magnesium: 40.34mg (10.09%), Vitamin B2: 0.17mg (9.9%), Vitamin B1: 0.15mg (9.67%), Selenium: 5.91µg (8.45%), Phosphorus: 79.89mg (7.99%), Vitamin B3: 1.3mg (6.48%), Folate: 24.88µg (6.22%), Potassium: 175.54mg (5.02%), Zinc: 0.59mg (3.95%), Calcium: 38.79mg (3.88%), Vitamin K: 2.34µg (2.23%), Vitamin C: 1.64mg (1.98%), Vitamin B5: 0.19mg (1.87%), Vitamin B6: 0.03mg (1.68%)