



## Chocolate-Apricot Strudel



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



232 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup amaretto (almond-flavored liqueur)
- ☐ 1 tablespoon crystallized ginger chopped
- ☐ 6 ounces apricots dried thinly sliced
- ☐ 8 sheets phyllo dough frozen thawed
- ☐ 0.5 cup semi chocolate chips divided
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons water

### Equipment

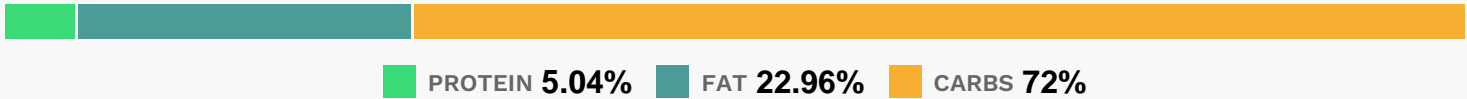
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ plastic wrap
- ☐ ziploc bags
- ☐ microwave
- ☐ serrated knife

## Directions

- ☐ Combine first 3 ingredients in a medium bowl. Microwave at HIGH 1 1/2 minutes or until sugar dissolves, stirring after 45 seconds. Stir in dried apricots and ginger; cover. Microwave at HIGH 3 minutes; let stand 5 minutes.
- ☐ Place apricot mixture in a food processor or blender; process until coarsely chopped. Spoon apricot mixture into bowl; cover and cool completely. Stir in 1/4 cup chips.
- ☐ Preheat oven to 35
- ☐ Place 1 phyllo sheet on work surface (cover remaining dough to keep from drying); lightly coat with cooking spray. Working with 1 phyllo sheet at a time, coat remaining 7 phyllo sheets with cooking spray, placing one on top of the other.
- ☐ Place a sheet of plastic wrap over phyllo, pressing gently to seal sheets together; discard plastic wrap.
- ☐ Spoon filling along 1 long edge of phyllo, leaving a 2-inch border. Fold over the short edges of phyllo to cover 2 inches of apricot mixture on each end.
- ☐ Starting at long edge with 2-inch border, roll up jelly-roll fashion. Do not roll tightly, or the strudel may split. (Strudel may be frozen for up to five days at this point.)
- ☐ Place strudel, seam side down, on a baking sheet coated with cooking spray. Score 7 diagonal slits into top of strudel using a sharp knife. Lightly spray strudel with cooking spray.
- ☐ Bake at 350 for 30 minutes or until golden.

- ☐
- Place 1/4 cup chips in a small heavy-duty zip-top plastic bag, and seal. Submerge bag in very hot water until chips melt. Snip a tiny hole in 1 corner of bag; drizzle chocolate evenly over each of 8 dessert plates.
- ☐
- Cut strudel diagonally into 16 slices using a serrated knife dipped in hot water; arrange 2 slices over chocolate drizzle.
- ☐
- Garnish each serving with diced apricot, if desired.

## Nutrition Facts



## Properties

Glycemic Index:17.69, Glycemic Load:11.95, Inflammation Score:-6, Nutrition Score:5.9852172797141%

## Nutrients (% of daily need)

Calories: 231.55kcal (11.58%), Fat: 5.61g (8.63%), Saturated Fat: 2.77g (17.32%), Carbohydrates: 39.58g (13.19%), Net Carbohydrates: 36.76g (13.37%), Sugar: 25.87g (28.74%), Cholesterol: 0.68mg (0.22%), Sodium: 96.25mg (4.18%), Alcohol: 2.56g (100%), Alcohol %: 4.46% (100%), Caffeine: 12.23mg (4.08%), Protein: 2.77g (5.54%), Vitamin A: 771.91IU (15.44%), Manganese: 0.29mg (14.57%), Copper: 0.24mg (11.87%), Fiber: 2.81g (11.25%), Iron: 1.9mg (10.53%), Potassium: 327.56mg (9.36%), Selenium: 5.91µg (8.44%), Magnesium: 29.79mg (7.45%), Vitamin B1: 0.11mg (7.33%), Vitamin B3: 1.43mg (7.16%), Vitamin E: 1mg (6.68%), Phosphorus: 59.19mg (5.92%), Vitamin B2: 0.09mg (5.2%), Folate: 18.85µg (4.71%), Zinc: 0.48mg (3.19%), Calcium: 21.03mg (2.1%), Vitamin B5: 0.2mg (2.01%), Vitamin B6: 0.04mg (2%), Vitamin K: 1.94µg (1.85%)