



Chocolate Baklava

READY IN



115 min.

SERVINGS



18

CALORIES



401 kcal

DESSERT

Ingredients

- 1 teaspoon butter
- 8 ounces chocolate dark finely chopped callebaut® (such as)
- 1.5 teaspoons ground cinnamon
- 0.5 cup honey
- 2 tablespoons juice of lemon
- 0.8 cup orange juice
- 1 pound pecans finely chopped
- 1 pound phyllo dough thawed
- 2 ounces bittersweet chocolate

- 0.5 cup water
- 0.5 cup sugar white

Equipment

- bowl
- sauce pan
- oven
- double boiler
- baking pan
- spatula

Directions

- Preheat oven to 325 degrees F (165 degrees C). Grease a 10x14-inch baking pan with butter.
- Mix pecans, dark chocolate, 3/4 cup sugar, and cinnamon in a bowl. Trim phyllo dough to fit prepared baking pan.
- Layer 8 sheets of phyllo dough in prepared baking pan, brushing each sheet with melted butter; sprinkle with 2 cups pecan mixture.
- Spread butter on 4 more sheets of phyllo and layer over pecans; sprinkle with 2 more cups pecans. Repeat layers with 4 more sheets of phyllo and remaining pecans.
- Pour any leftover butter over baklava.
- Cut through the top few layers of phyllo lengthwise, leaving bottom layer intact, to create 4 long rows. Make evenly-spaced zigzag cuts along each row to create small triangles, again leaving bottom layer of phyllo intact.
- Bake in preheated oven until phyllo dough is golden brown and flaky, about 1 hour; immediately finish cutting through to bottom layer of baklava.
- Bring orange juice, honey, water, 1/2 cup sugar, and lemon juice to a boil in a saucepan; reduce heat to medium and simmer until thickened, about 20 minutes.
- Pour sauce over baklava.
- Melt remaining 2 ounces chocolate and 1 teaspoon butter in the top of a double boiler over simmering water, stirring frequently and scraping down the sides with a rubber spatula to avoid scorching.

Drizzle chocolate over baklava. Cover and refrigerate until ready to serve.

Nutrition Facts

PROTEIN 5.19% **FAT 57.43%** **CARBS 37.38%**

Properties

Glycemic Index:16.69, Glycemic Load:14.45, Inflammation Score:-4, Nutrition Score:12.113043595915%

Flavonoids

Cyanidin: 2.71mg, Cyanidin: 2.71mg, Cyanidin: 2.71mg, Cyanidin: 2.71mg Delphinidin: 1.83mg, Delphinidin: 1.83mg, Delphinidin: 1.83mg, Delphinidin: 1.83mg Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 400.5kcal (20.02%), Fat: 26.5g (40.77%), Saturated Fat: 5.85g (36.59%), Carbohydrates: 38.81g (12.94%), Net Carbohydrates: 34.15g (12.42%), Sugar: 19.41g (21.57%), Cholesterol: 1.16mg (0.39%), Sodium: 127.23mg (5.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.79mg (4.26%), Protein: 5.39g (10.78%), Manganese: 1.58mg (78.98%), Copper: 0.6mg (29.99%), Vitamin B1: 0.32mg (21.18%), Fiber: 4.66g (18.63%), Iron: 3.22mg (17.91%), Magnesium: 70.14mg (17.53%), Phosphorus: 138.14mg (13.81%), Zinc: 1.8mg (11.98%), Selenium: 8.08µg (11.54%), Vitamin B2: 0.14mg (8.13%), Folate: 31.36µg (7.84%), Vitamin B3: 1.54mg (7.68%), Vitamin C: 6.14mg (7.45%), Potassium: 258.09mg (7.37%), Vitamin B5: 0.38mg (3.85%), Vitamin B6: 0.07mg (3.69%), Calcium: 35.35mg (3.54%), Vitamin E: 0.48mg (3.22%), Vitamin K: 2.74µg (2.61%)