



## Chocolate Baklava

READY IN



70 min.

SERVINGS



50

CALORIES



191 kcal

DESSERT

### Ingredients

- 1 package dough frozen thawed (16 ounces, 14-inch x 9-inch sheet size)
- 1.3 cups butter melted
- 1 pound walnut pieces finely chopped
- 10 ounces semisweet chocolate chips miniature
- 0.8 cup sugar
- 1.5 teaspoons ground cinnamon
- 1 teaspoon lemon zest grated
- 0.8 cup orange juice
- 0.5 cup sugar

- 0.5 cup water
- 0.5 cup honey
- 2 tablespoons juice of lemon

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- plastic wrap
- baking pan

## Directions

- Butter a 15x10x1-in. baking pans. Unroll 1 pkg. phyllo dough; cut stack into a 10-1/2x9-in. rectangle. Repeat with remaining phyllo. Discard scraps.
- Line bottom of prepared pan with 2 sheets of phyllo dough (sheets will overlap slightly).
- Brush with butter. Repeat layers 8 times. (Keep dough covered with plastic wrap and a damp towel until ready to use to prevent it from drying out.)
- In a large bowl, combine the nuts, chocolate chips, sugar, cinnamon and lemon zest.
- Sprinkle 2 cups over top layer of phyllo.
- Top with 4 layers phyllo dough, buttering each layer. Top with 2 or more cups nut mixture. Top with 4 layers phyllo dough, buttering each layer; top with remaining nut mixture. Top with the remaining phyllo dough, brushing each layer with butter.
- Drizzle any remaining butter over top.
- Using a sharp knife, cut baklava into 1-1/2-in. diamonds.
- Bake at 325° for 50-60 minutes or until golden brown. Meanwhile, combine the syrup ingredients in a saucepan; bring to a boil over medium heat, stirring occasionally. Reduce heat; simmer, uncovered, for 20 minutes.
- Pour over warm baklava. Cool completely in pans on wire racks.

# Nutrition Facts

PROTEIN 4.96% FAT 60.23% CARBS 34.81%

## Properties

Glycemic Index:7.15, Glycemic Load:7.02, Inflammation Score:-2, Nutrition Score:4.2186956600003%

## Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 191.47kcal (9.57%), Fat: 13.26g (20.4%), Saturated Fat: 4.86g (30.35%), Carbohydrates: 17.24g (5.75%), Net Carbohydrates: 15.95g (5.8%), Sugar: 10.44g (11.6%), Cholesterol: 12.54mg (4.18%), Sodium: 81.35mg (3.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.88mg (1.63%), Protein: 2.46g (4.92%), Manganese: 0.44mg (22.1%), Copper: 0.23mg (11.4%), Magnesium: 26.36mg (6.59%), Vitamin B1: 0.09mg (5.71%), Phosphorus: 55.15mg (5.51%), Iron: 0.94mg (5.25%), Fiber: 1.29g (5.14%), Folate: 18.35µg (4.59%), Selenium: 3.15µg (4.5%), Zinc: 0.49mg (3.28%), Vitamin B2: 0.05mg (3.1%), Vitamin A: 154.14IU (3.08%), Vitamin B6: 0.06mg (2.81%), Vitamin C: 2.28mg (2.76%), Vitamin B3: 0.54mg (2.71%), Potassium: 90.46mg (2.58%), Calcium: 16.19mg (1.62%), Vitamin E: 0.24mg (1.6%), Vitamin K: 1.3µg (1.24%), Vitamin B5: 0.11mg (1.13%)