



Chocolate, Walnut and Banana Strudel

READY IN



25 min.

SERVINGS



4

CALORIES



276 kcal

DESSERT

Ingredients

- 2 bananas firm ripe peeled
- 0.3 cup chocolate chips miniature
- 0.5 teaspoon cinnamon
- 1 large eggs beaten
- 1 inch sheets by-12-inch phyllo dough
- 2 tablespoons sugar
- 3 tablespoons butter unsalted melted
- 0.3 cup walnuts finely chopped

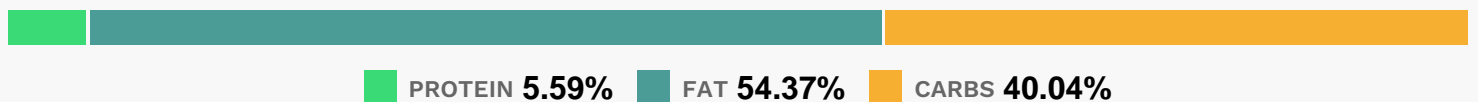
Equipment

- bowl
- baking sheet
- baking paper
- oven
- kitchen towels
- serrated knife

Directions

- Preheat oven to 425F. Line a baking sheet with parchment paper.
- Combine sugar and cinnamon in small bowl.
- Place 1 phyllo sheet on parchment with short side facing you; cover remaining sheets with a damp kitchen towel.
- Brush with butter, sprinkle with cinnamon sugar and walnuts.
- Lay second sheet of phyllo on top, brushing with butter and adding cinnamon sugar and walnuts. Repeat with remaining 2 phyllo sheets.
- Lay bananas horizontally on lower third of phyllo, leaving a 1-inch border on sides and bottom, trimming bananas if necessary.
- Sprinkle chocolate chips over bananas. Fold long sides of phyllo toward center, over ends of bananas. Fold bottom edge over bananas.
- Roll up bananas in phyllo, away from you.
- Position strudel, seam side down, in center of baking sheet. Beat egg with 1 Tbsp. water and brush egg mixture over strudel. Use a serrated knife to cut 4 vents in dough.
- Bake until golden brown, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:46.97, Glycemic Load:10.95, Inflammation Score:-4, Nutrition Score:6.2217391055563%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 275.58kcal (13.78%), Fat: 17.36g (26.7%), Saturated Fat: 7.94g (49.61%), Carbohydrates: 28.76g (9.59%), Net Carbohydrates: 26.28g (9.56%), Sugar: 20.47g (22.75%), Cholesterol: 70.76mg (23.59%), Sodium: 30.44mg (1.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.02%), Manganese: 0.46mg (22.99%), Vitamin B6: 0.28mg (13.9%), Fiber: 2.47g (9.89%), Copper: 0.17mg (8.74%), Vitamin A: 395.05IU (7.9%), Potassium: 264.91mg (7.57%), Magnesium: 29.44mg (7.36%), Selenium: 5.08µg (7.26%), Vitamin B2: 0.12mg (6.95%), Phosphorus: 66.19mg (6.62%), Folate: 25.73µg (6.43%), Vitamin C: 5.31mg (6.43%), Vitamin B5: 0.44mg (4.45%), Iron: 0.77mg (4.28%), Calcium: 35.32mg (3.53%), Vitamin B1: 0.05mg (3.48%), Zinc: 0.49mg (3.29%), Vitamin E: 0.49mg (3.28%), Vitamin D: 0.41µg (2.72%), Vitamin B3: 0.52mg (2.59%), Vitamin B12: 0.13µg (2.15%), Vitamin K: 1.36µg (1.29%)