

Christmas Baklava

READY IN



37 min.

SERVINGS



45

CALORIES



221 kcal

DESSERT

Ingredients

- 2 pound sugar substitute splenda® (such as)
- 0.3 cup butter
- 1 cup evaporated milk
- 1 tablespoon ground cinnamon
- 1 teaspoon nutmeg
- 0.3 cup honey
- 1 pound pecans chopped
- 16 ounce dough frozen thawed
- 2 cups sugar substitute (such as Splenda)

1 teaspoon vanilla extract

Equipment

bowl

frying pan

baking sheet

oven

baking pan

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a rimmed baking sheet or jelly roll pan.

Stir the pecans, cinnamon, and nutmeg together in a bowl until evenly blended.

Drizzle in the honey and vanilla, mixing well.

Place the brown sugar substitute, white sugar substitute, evaporated milk, and butter in a pan, and bring to a boil. Reduce heat and simmer, stirring frequently, until mixture thickens, 12 to 15 minutes. Gradually stir in the pecan mixture.

Remove from heat.

Unroll 3 sheets of phyllo and place in the prepared baking pan. Dust lightly with flour. Spoon a thin layer of the pecan-sugar mixture over the phyllo sheets. Cover with 3 more phyllo sheets, dust with flour, and spoon the pecan-sugar mixture over the phyllo. Repeat three more times ending with phyllo sheets on top, and using all the phyllo and pecan-sugar mixture to make a stack about 1 inch high.

Bake in preheated oven until top is golden brown, 10 to 12 minutes. Cool completely before dusting with confectioners' sugar, and cutting into 2 inch squares.

Nutrition Facts



Properties

Glycemic Index:7.23, Glycemic Load:16.05, Inflammation Score:-1, Nutrition Score:3.7908695524801%

Flavonoids

Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg

Nutrients (% of daily need)

Calories: 220.65kcal (11.03%), Fat: 9.33g (14.35%), Saturated Fat: 1.69g (10.55%), Carbohydrates: 35.49g (11.83%), Net Carbohydrates: 34.22g (12.44%), Sugar: 25.88g (28.76%), Cholesterol: 4.34mg (1.45%), Sodium: 62.84mg (2.73%), Alcohol: 0.03g (100%), Alcohol %: 0.07% (100%), Protein: 2.05g (4.09%), Manganese: 0.54mg (26.8%), Vitamin B1: 0.12mg (8.26%), Copper: 0.13mg (6.69%), Fiber: 1.27g (5.07%), Phosphorus: 47.44mg (4.74%), Selenium: 2.89µg (4.13%), Vitamin B2: 0.07mg (3.91%), Magnesium: 15.31mg (3.83%), Zinc: 0.56mg (3.72%), Iron: 0.61mg (3.41%), Folate: 11.66µg (2.91%), Vitamin B3: 0.55mg (2.73%), Calcium: 25.07mg (2.51%), Potassium: 69.25mg (1.98%), Vitamin B5: 0.16mg (1.56%), Vitamin B6: 0.03mg (1.39%), Vitamin E: 0.19mg (1.28%), Vitamin A: 51.11IU (1.02%)