



Cinnamon-Walnut Baklava

 Vegetarian

READY IN



65 min.

SERVINGS



24

CALORIES



350 kcal

DESSERT

Ingredients

- 1.3 cups butter melted plus more for pan ()
- 3.5 cups sugar
- 2 tablespoons juice of lemon fresh
- 3 cups walnuts
- 1.5 teaspoons ground cinnamon
- 16 ounces dough frozen thawed (17-by-12 inches)

Equipment

- food processor

- frying pan
- paper towels
- sauce pan
- oven
- knife
- wire rack
- baking pan

Directions

- Preheat oven to 375 degrees.
- Brush a 13-by-9-inch baking dish with butter; set aside. In a medium saucepan, combine 3 cups sugar, lemon juice, and 1 1/2 cups water; bring to a boil. Reduce heat; simmer until sugar dissolves and mixture is syrupy, about 10 minutes. Set syrup aside.
- In a food processor, pulse walnuts with cinnamon and remaining 1/2 cup sugar until finely ground. Set walnut filling aside.
- Place stack of thawed phyllo sheets on a work surface. Using a sharp knife, trim stack into a 13-by-9-inch rectangle; discard trimmings.
- Place 1 sheet of trimmed phyllo in prepared baking dish (keep remaining sheets covered with a damp cloth or paper towel).
- Brush gently with butter; repeat with two more sheets of phyllo, laying each on top of the other. (You now have a 3-sheet stack of buttered phyllo.)
- Sprinkle phyllo stack in dish with 1/3 cup walnut filling. Repeat with 7 more buttered phyllo stacks, sprinkling each with walnut filling. Top with one more stack; brush generously with butter.
- Using a sharp knife, cut unbaked baklava into 24 squares.
- Bake until puffed and golden, 30 to 35 minutes.
- Transfer pan to a wire rack; pour syrup over baklava.
- Let stand at room temperature until syrup is absorbed, at least 3 hours.

Nutrition Facts



■ PROTEIN 4.05% ■ FAT 50.52% ■ CARBS 45.43%

Properties

Glycemic Index:7.63, Glycemic Load:24.21, Inflammation Score:-3, Nutrition Score:5.6473913102046%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 349.8kcal (17.49%), Fat: 20.36g (31.32%), Saturated Fat: 7.25g (45.33%), Carbohydrates: 41.19g (13.73%), Net Carbohydrates: 39.78g (14.47%), Sugar: 29.57g (32.85%), Cholesterol: 25.42mg (8.47%), Sodium: 167.92mg (7.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.35%), Manganese: 0.61mg (30.62%), Copper: 0.25mg (12.71%), Vitamin B1: 0.15mg (10.2%), Folate: 31.58µg (7.89%), Selenium: 5.42µg (7.74%), Phosphorus: 67.79mg (6.78%), Magnesium: 26.33mg (6.58%), Vitamin A: 298.82IU (5.98%), Iron: 1.06mg (5.89%), Vitamin B2: 0.1mg (5.66%), Fiber: 1.41g (5.64%), Vitamin B3: 0.94mg (4.71%), Vitamin B6: 0.09mg (4.27%), Zinc: 0.56mg (3.74%), Vitamin E: 0.4mg (2.64%), Potassium: 83.73mg (2.39%), Calcium: 20.87mg (2.09%), Vitamin K: 1.73µg (1.65%), Vitamin B5: 0.16mg (1.56%)