



Coconut and Pistachio Baklava

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



263 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons juice of lime fresh
- ☐ 3 tablespoons orange-flower water
- ☐ 1 pound phyllo dough frozen thawed
- ☐ 1 pinch of salt
- ☐ 1.8 cups sugar
- ☐ 1.3 cups butter unsalted melted ()
- ☐ 2 tablespoons pistachios unsalted finely chopped
- ☐ 2.5 cups coconut or dried shredded unsweetened

☐ 1.5 cups water

Equipment

☐ bowl

☐ frying pan

☐ sauce pan

☐ oven

☐ knife

☐ wire rack

☐ baking pan

☐ wax paper

☐ kitchen towels

Directions

☐ Preheat the oven to 350°F. Butter a 13-by-9-by-2-inch baking pan.

☐ Unfold the sheets of phyllo dough, lay the stack on a work surface, and cover with wax paper and then a damp kitchen towel to keep it from drying out.

☐ Remove 2 pieces of phyllo, place them in the pan, and brush them with 1 tablespoon of the butter. Continue in the same way with the phyllo and butter until you have used 24 sheets of phyllo.

☐ To make the filling: Stir together the coconut, pistachios, sugar, water, orange flower water, and salt in a medium bowl.

☐ Sprinkle half of the filling evenly over the phyllo in the pan.

☐ Place 2 sheets of phyllo in the pan and brush them with 1 tablespoon butter. Continue in the same way until you have used 12 sheets of phyllo.

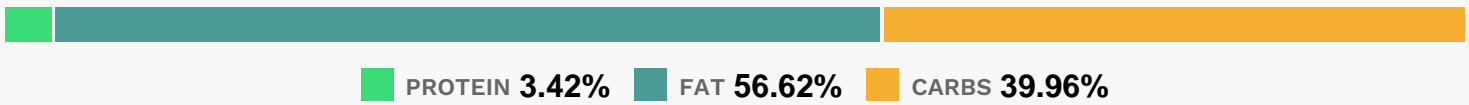
☐ Spread the remaining filling on top.

☐ Layer and butter the remaining phyllo in the same way.

☐ Brush the top layer of pastry generously with butter, and pour any remaining butter over the top. With a sharp knife, cut the baklava lengthwise into 4 strips and then crosswise into 6 strips, taking care not to press down on the phyllo.

- ☐ Bake for 30 minutes. Lower the oven temperature to 300°F and bake for 1 hour and 10 to 15 minutes, until golden brown.
- ☐ To make the syrup: Bring the sugar, water, and salt to a boil in a medium saucepan over medium-high heat, stirring until the sugar is dissolved. Reduce the heat and simmer for 10 minutes, or until slightly thickened.
- ☐ Remove the saucepan from the heat and stir in the orange flower water and lime juice.
- ☐ Transfer the baklava to a wire rack and let cool for 10 minutes.
- ☐ Sprinkle with the chopped pistachios and pour the syrup evenly over the top.
- ☐ Let cool completely on the rack. (The baklava can be stored at room temperature, tightly covered, for up to 2 days.)
- ☐ Cut into pieces with a sharp knife and serve.
- ☐ From Luscious Coconut Desserts by Lori Longbotham. Text copyright © 2009 by Lori Longbotham; photographs copyright © 2009 by Lucy Schaeffer. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:13.82, Inflammation Score:-3, Nutrition Score:4.1534782557384%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 263.38kcal (13.17%), Fat: 17.05g (26.23%), Saturated Fat: 11.49g (71.79%), Carbohydrates: 27.07g (9.02%), Net Carbohydrates: 25.14g (9.14%), Sugar: 15.37g (17.08%), Cholesterol: 25.42mg (8.47%), Sodium: 98.47mg (4.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.64%), Manganese: 0.35mg (17.49%), Selenium: 6.37µg (9.1%), Vitamin B1: 0.12mg (7.81%), Fiber: 1.94g (7.75%), Vitamin A: 299.58IU (5.99%), Copper: 0.11mg (5.56%), Iron: 0.96mg (5.34%), Vitamin B2: 0.08mg (4.9%), Folate: 18.6µg (4.65%), Vitamin B3: 0.85mg (4.24%), Phosphorus: 41.29mg (4.13%), Magnesium: 12.68mg (3.17%), Vitamin E: 0.36mg (2.39%), Vitamin B6: 0.05mg (2.36%), Potassium: 79.83mg (2.28%), Zinc: 0.31mg (2.1%), Vitamin B5: 0.15mg (1.5%), Vitamin K: 1.5µg (1.43%), Vitamin D: 0.18µg (1.18%)