

# Cranberry Baklava

 Vegetarian

READY IN



85 min.

SERVINGS



24

CALORIES



310 kcal

DESSERT

## Ingredients

- 1 cup butter melted
- 1.5 cups cranberries fresh finely chopped
- 1 teaspoon ground cinnamon
- 1.5 cups honey
- 20 sheets dough (14 inch x 9 inch)
- 1 cup sugar
- 3 cups walnut pieces finely chopped

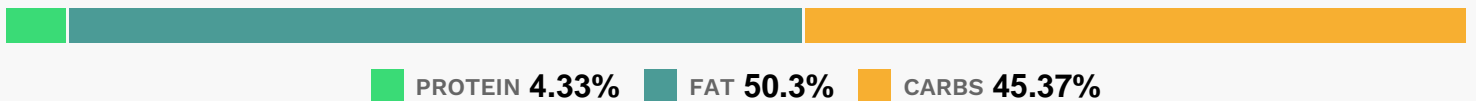
## Equipment

- bowl
- sauce pan
- oven
- knife
- wire rack
- baking pan

## Directions

- Grease a 13-in. x 9-in. baking dish.
- Layer six sheets of phyllo dough in dish, brushing each with butter.
- In a bowl, combine the cranberries, walnuts, sugar and cinnamon.
- Sprinkle 1-1/4 cups over top layer of phyllo.
- Layer and brush six sheets of dough with butter. Top with 1-1/4 cups cranberry mixture.
- Layer and brush six more sheets of dough with butter; top with remaining cranberry mixture. Top with remaining sheets of dough, brushing each sheet with butter.
- Using a sharp knife, cut halfway through layers to make 24 pieces.
- Bake at 325° for 60–70 minutes or until golden brown.
- In a small saucepan, heat the honey over low heat just until warm and thin.
- Pour over warm baklava. Cool on a wire rack for 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:11.68, Glycemic Load:18.42, Inflammation Score:-3, Nutrition Score:5.6004348176977%

## Flavonoids

Cyanidin: 3.3mg, Cyanidin: 3.3mg, Cyanidin: 3.3mg, Cyanidin: 3.3mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg

Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg,  
Epigallocatechin: 0.05mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg  
Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg,  
Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol:  
0.01mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.93mg, Quercetin:  
0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

## **Nutrients (% of daily need)**

Calories: 310.38kcal (15.52%), Fat: 18.19g (27.99%), Saturated Fat: 5.99g (37.45%), Carbohydrates: 36.91g (12.3%),  
Net Carbohydrates: 35.32g (12.84%), Sugar: 26.4g (29.33%), Cholesterol: 20.34mg (6.78%), Sodium: 138.65mg  
(6.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.05%), Manganese: 0.63mg (31.45%), Copper:  
0.26mg (13.03%), Vitamin B1: 0.14mg (9.12%), Folate: 29.04µg (7.26%), Selenium: 4.73µg (6.76%), Phosphorus:  
66.34mg (6.63%), Magnesium: 26.52mg (6.63%), Fiber: 1.59g (6.37%), Iron: 1.05mg (5.83%), Vitamin B2: 0.09mg  
(5.3%), Vitamin A: 243.28IU (4.87%), Vitamin B6: 0.09mg (4.62%), Vitamin B3: 0.85mg (4.23%), Zinc: 0.59mg  
(3.95%), Vitamin E: 0.42mg (2.79%), Potassium: 95.03mg (2.72%), Calcium: 21.03mg (2.1%), Vitamin B5: 0.17mg  
(1.75%), Vitamin K: 1.79µg (1.71%), Vitamin C: 1.17mg (1.42%)