



Dried Fruit Strudels

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



149 kcal

DESSERT

Ingredients

- ☐ 1 cup apricot preserves
- ☐ 0.3 cup apricot brandy
- ☐ 0.5 cup butter melted
- ☐ 0.8 cup apricots dried coarsely chopped
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 cup orange juice
- ☐ 12 sheets phyllo pastry
- ☐ 0.5 cup pistachios coarsely chopped

- ☐ 0.8 cup prune– cut to pieces pitted coarsely chopped
- ☐ 0.5 cup sugar divided
- ☐ 6 ounce cranberries dried sweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts toasted coarsely chopped

Equipment

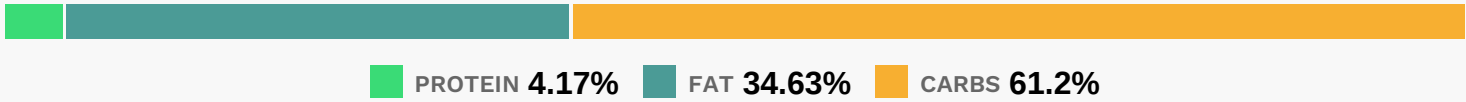
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ wax paper

Directions

- ☐ Stir together prunes, apricots, 1/4 cup sugar, and next 3 ingredients in a saucepan; bring to a boil over medium–high heat. Reduce heat to low; cook 3 minutes.
- ☐ Process fruit mixture and vanilla in a food processor until smooth, stopping to scrape down sides. Stir in dried cranberries and next 3 ingredients; set aside.
- ☐ Unfold phyllo, and cover with a damp towel to prevent pastry from drying out.
- ☐ Stack 6 phyllo sheets on a flat surface covered with wax paper, brushing each sheet with melted butter.
- ☐ Spoon half of fruit mixture down short edge of one end of phyllo stack, leaving a 1–inch border around edge. Repeat procedure for remaining phyllo and fruit mixture. Fold in long edges 1 inch.
- ☐ Roll up, starting at short edge nearest filling.
- ☐ Place each, seam side down, in a lightly greased jellyroll pan.
- ☐ Cut 1/4–inch–deep diagonal slits, 1 inch apart, across top.
- ☐ Brush strudels with melted butter; sprinkle with remaining 1/4 cup sugar.
- ☐ Bake at 375 for 30 minutes. Cool on a wire rack.

- ☐
- * 1/4 cup orange juice may be substituted for brandy.
- ☐
- Note: For testing purposes only, we used Craisins for dried cranberries.

Nutrition Facts



Properties

Glycemic Index:11.02, Glycemic Load:5.42, Inflammation Score:-3, Nutrition Score:3.1617391102988%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 148.97kcal (7.45%), Fat: 5.86g (9.01%), Saturated Fat: 2.3g (14.38%), Carbohydrates: 23.29g (7.76%), Net Carbohydrates: 21.86g (7.95%), Sugar: 14.85g (16.5%), Cholesterol: 8.13mg (2.71%), Sodium: 65.06mg (2.83%), Alcohol: 0.71g (100%), Alcohol %: 1.96% (100%), Protein: 1.59g (3.18%), Manganese: 0.19mg (9.54%), Fiber: 1.44g (5.74%), Vitamin A: 279.37IU (5.59%), Copper: 0.1mg (5.16%), Vitamin B1: 0.07mg (4.87%), Vitamin C: 2.98mg (3.61%), Potassium: 123.68mg (3.53%), Vitamin K: 3.67µg (3.5%), Selenium: 2.35µg (3.36%), Vitamin B6: 0.07mg (3.35%), Iron: 0.59mg (3.29%), Phosphorus: 30.28mg (3.03%), Vitamin E: 0.45mg (2.99%), Vitamin B2: 0.05mg (2.9%), Folate: 11.58µg (2.9%), Vitamin B3: 0.58mg (2.89%), Magnesium: 10.69mg (2.67%), Calcium: 13.39mg (1.34%), Zinc: 0.19mg (1.29%), Vitamin B5: 0.11mg (1.06%)