



Fruit Strudel



Vegetarian



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



7

CALORIES



2286 kcal

DESSERT

Ingredients

- ☐ 20 ounce apricot preserves
- ☐ 20 ounce pineapple crushed drained canned
- ☐ 14 ounce coconut or flaked canned
- ☐ 2 cups cornflakes crushed
- ☐ 16 ounce apricots dried finely minced
- ☐ 3 eggs beaten
- ☐ 5 cups flour all-purpose
- ☐ 15 ounce golden raisins finely minced

- ☐ 3 tablespoons ground cinnamon
- ☐ 1 optional: lemon finely minced seeded
- ☐ 16 ounce maraschino cherries red finely minced drained
- ☐ 1 cranberry-orange relish finely minced seeded
- ☐ 16 ounce peach preserves
- ☐ 1.8 cups pecans divided coarsely chopped
- ☐ 7 servings powdered sugar sifted
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 0.8 cup warm vegetable oil (105° to 115°)
- ☐ 7 servings vegetable oil
- ☐ 0.8 cup warm water (105° to 115°)

Equipment

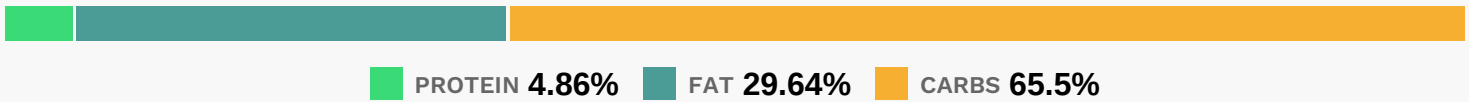
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Combine flour, 2 tablespoons sugar, and salt in a large mixing bowl; mix well. Make a well in center of mixture.
- ☐ Combine water and oil; add to dry ingredients, mixing well.
- ☐ Add eggs; mix well. Turn dough out onto a floured surface, and knead 5 minutes or until dough is smooth and elastic. Cover dough with a warm bowl, and let rest 30 minutes.
- ☐ Combine next 7 ingredients in a large mixing bowl, mixing well.
- ☐ Add preserves and pineapple; mix well. Set aside.
- ☐ Divide dough into 7 equal portions.

- ☐ Roll 1 portion into a 15- x 10-inch rectangle, rolling as thin as possible without tearing.
- ☐ Brush surface of dough with oil.
- ☐ Combine cinnamon and 1/4 cup sugar; sprinkle 2 teaspoons sugar mixture evenly over surface of dough. Set remaining sugar mixture aside.
- ☐ Spread 1 1/2 cups fruit mixture along wide end of dough, leaving a 1-inch margin along outside edges.
- ☐ Sprinkle 1/4 cup pecans over fruit mixture.
- ☐ Starting at wide end, roll up jellyroll fashion, turning edges under. Pinch seams together to seal.
- ☐ Place on a well-greased baking sheet; brush top with oil.
- ☐ Sprinkle lightly with reserved sugar mixture. Repeat procedure with remaining portions of dough.
- ☐ Bake at 350 for 30 minutes or until lightly browned.
- ☐ Remove from baking sheets and cool on wire racks.
- ☐ Cut into 1- inch pieces, and sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:63.32, Glycemic Load:119.97, Inflammation Score:-10, Nutrition Score:66.12478281104%

Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg Eriodictyol: 3.3mg, Eriodictyol: 3.3mg, Eriodictyol: 3.3mg, Eriodictyol: 3.3mg Hesperetin: 9.4mg, Hesperetin: 9.4mg, Hesperetin: 9.4mg, Hesperetin: 9.4mg Naringenin: 2.95mg, Naringenin: 2.95mg, Naringenin: 2.95mg, Naringenin: 2.95mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 2285.71kcal (114.29%), Fat: 79.01g (121.55%), Saturated Fat: 37.95g (237.19%), Carbohydrates: 392.74g (130.91%), Net Carbohydrates: 362.29g (131.74%), Sugar: 206.4g (229.33%), Cholesterol: 70.15mg (23.38%), Sodium: 780.92mg (33.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.17g (58.34%), Manganese: 4.53mg (226.26%), Iron: 31.02mg (172.35%), Vitamin B1: 1.96mg (130.59%), Fiber: 30.44g (121.77%), Folate: 452.48µg (113.12%), Vitamin B2: 1.91mg (112.38%), Vitamin B3: 20.82mg (104.09%), Vitamin B6: 1.92mg (95.98%), Copper: 1.85mg (92.67%), Selenium: 58.79µg (83.98%), Vitamin A: 3951.04IU (79.02%), Vitamin C: 56.65mg (68.66%), Potassium: 2156.23mg (61.61%), Vitamin B12: 3.55µg (59.13%), Phosphorus: 540.5mg (54.05%), Magnesium: 200.26mg (50.07%), Vitamin K: 42.53µg (40.5%), Vitamin E: 5.74mg (38.25%), Zinc: 4.79mg (31.95%), Calcium: 253mg (25.3%), Vitamin B5: 2.1mg (20.96%), Vitamin D: 2.81µg (18.74%)