



Ham and Cheese Strudel

READY IN



60 min.

SERVINGS



12

CALORIES



124 kcal

Ingredients

- 1 tablespoon butter
- 0.3 pound finely-chopped ham lean fully cooked finely chopped
- 0.3 cup breadcrumbs dry
- 1.3 cups egg substitute
- 1 cup skim milk fat-free
- 2 tablespoons flour all-purpose
- 2 tablespoons parsley fresh minced
- 4 tablespoons parmesan cheese divided grated
- 12 sheets dough (14 inches x 9 inches)
- 0.3 cup swiss cheese shredded reduced-fat

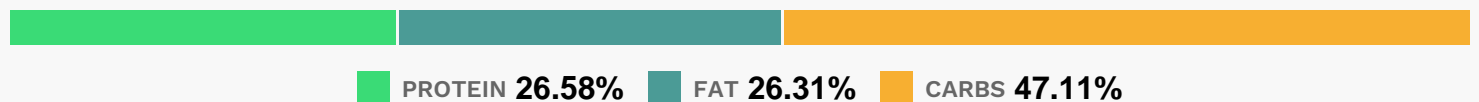
Equipment

- frying pan
- baking sheet
- sauce pan
- oven

Directions

- In a saucepan, melt butter. Stir in flour until smooth. Gradually stir in milk. Bring to a boil; cook and stir for 1-2 minutes or until thickened.
- Add ham; heat through.
- Remove from heat. Stir in Swiss cheese and 2 tablespoons Parmesan cheese until Swiss is melted; set aside. In a nonstick skillet coated with cooking spray, cook and stir egg substitute over medium heat until completely set. Stir into cheese mixture.
- For each strudel, place one sheet of phyllo dough on work surface with a short side facing you (keep remaining dough covered with waxed paper to avoid drying out). Coat dough with cooking spray; fold in half lengthwise. Coat with cooking spray; spritz with butter-flavored spray.
- Sprinkle with 1 teaspoon bread crumbs.
- Spread some egg mixture over bottom third of dough to within 3/4 in. of bottom and sides. Fold in sides.
- Roll up dough, starting at end with egg mixture.
- Place seam side down on an ungreased baking sheet. Coat with cooking spray; spritz with butter-flavored spray.
- Bake at 375° for 15-18 minutes or until golden brown and filling is heated through (filling may expand and come out of dough during baking).
- Sprinkle each with parsley and remaining Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:19.02, Glycemic Load:4.69, Inflammation Score:-3, Nutrition Score:7.3065216748611%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Nutrients (% of daily need)

Calories: 124.26kcal (6.21%), Fat: 3.58g (5.51%), Saturated Fat: 1.44g (8.98%), Carbohydrates: 14.42g (4.81%), Net Carbohydrates: 13.9g (5.05%), Sugar: 1.76g (1.95%), Cholesterol: 12.52mg (4.17%), Sodium: 318.54mg (13.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.13g (16.27%), Selenium: 19µg (27.14%), Vitamin B1: 0.23mg (15.17%), Vitamin B2: 0.24mg (14.32%), Phosphorus: 116.14mg (11.61%), Vitamin K: 11.74µg (11.18%), Calcium: 96.93mg (9.69%), Iron: 1.41mg (7.81%), Vitamin B3: 1.4mg (7.03%), Vitamin B12: 0.42µg (6.99%), Folate: 27.44µg (6.86%), Vitamin B5: 0.65mg (6.55%), Manganese: 0.13mg (6.43%), Zinc: 0.88mg (5.86%), Vitamin D: 0.64µg (4.24%), Vitamin B6: 0.08mg (4.13%), Potassium: 144.08mg (4.12%), Vitamin A: 202.19IU (4.04%), Vitamin C: 3.21mg (3.9%), Magnesium: 14.3mg (3.57%), Vitamin E: 0.46mg (3.05%), Copper: 0.05mg (2.29%), Fiber: 0.52g (2.07%)