



## Harvest-Festival Fruit Strudels

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



240 kcal

DESSERT

### Ingredients

- ☐ 2 pounds cooking apple diced
- ☐ 1 stick cinnamon (3-inch)
- ☐ 0.5 cup breadcrumbs dry
- ☐ 16 ounce fruit mixed dried diced
- ☐ 0.3 cup butter
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 0.3 cup orange juice fresh
- ☐ 1 tablespoon orange rind grated

- ☐ 16 sheets phyllo dough frozen thawed
- ☐ 0.5 cup port sweet
- ☐ 0.5 cup sugar
- ☐ 4 teaspoons vegetable oil

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ cutting board

## Directions

- ☐ Combine first 6 ingredients in a large saucepan, and bring to a boil, stirring occasionally. Cover, reduce heat, and simmer fruit mixture 35 minutes or until liquid is absorbed, stirring occasionally.
- ☐ Remove fruit mixture from heat, and stir in apple. Cool, uncovered, and discard cinnamon stick.
- ☐ Combine the margarine and oil in a small saucepan; cook over low heat until the margarine melts, stirring well.
- ☐ Combine the breadcrumbs and nutmeg in a small bowl.
- ☐ Preheat oven to 35
- ☐ Place 1 phyllo sheet on a large cutting board or work surface (cover the remaining dough to keep from drying), and lightly brush with margarine mixture.
- ☐ Sprinkle 1 1/2 teaspoons of the breadcrumb mixture lengthwise down the 4-inch center section of phyllo. Spoon 1/3 cup of fruit mixture onto the breadcrumb mixture about 2 inches from one short end, spreading fruit mixture to form a 4 x 2-inch rectangle. Fold one long side on phyllo over filling, and repeat with other long side, overlapping phyllo. Starting at short edge with filling, roll up phyllo jelly-roll fashion. (Do not roll tightly, or the strudel may split.)
- ☐ Place strudel, seam side down, on a baking sheet coated with cooking spray. Lightly coat strudel with cooking spray. Repeat procedure with the remaining phyllo, margarine mixture, breadcrumb mixture, and fruit mixture.

- ☐ Bake at 350 for 30 minutes or until strudel is golden brown.
- ☐ Serve warm or at room temperature.

# Nutrition Facts



## Properties

Glycemic Index:19.57, Glycemic Load:15.17, Inflammation Score:-4, Nutrition Score:6.4356522145479%

## Flavonoids

Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Malvidin: 1.04mg, Malvidin: 1.04mg, Malvidin: 1.04mg, Malvidin: 1.04mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 239.66kcal (11.98%), Fat: 5.71g (8.79%), Saturated Fat: 1.16g (7.24%), Carbohydrates: 45.65g (15.22%), Net Carbohydrates: 40.82g (14.84%), Sugar: 26.46g (29.4%), Cholesterol: 0mg (0%), Sodium: 153.78mg (6.69%), Alcohol: 0.8g (100%), Alcohol %: 0.77% (100%), Protein: 2.97g (5.95%), Fiber: 4.83g (19.32%), Manganese: 0.34mg (16.84%), Vitamin B1: 0.18mg (11.68%), Potassium: 297.55mg (8.5%), Iron: 1.49mg (8.27%), Vitamin K: 8.54µg (8.13%), Selenium: 5.52µg (7.88%), Vitamin C: 6.06mg (7.34%), Vitamin B2: 0.12mg (7.25%), Magnesium: 28.32mg (7.08%), Folate: 26.42µg (6.6%), Copper: 0.13mg (6.49%), Vitamin B3: 1.27mg (6.35%), Calcium: 62.8mg (6.28%), Phosphorus: 48.82mg (4.88%), Vitamin B6: 0.07mg (3.54%), Vitamin A: 173.09IU (3.46%), Vitamin E: 0.43mg (2.88%), Vitamin B5: 0.25mg (2.51%), Zinc: 0.37mg (2.48%)