



Honeyed Bacon" Baklava

READY IN



45 min.

SERVINGS



24

CALORIES



395 kcal

Ingredients

- 16 ounce walnuts (4 cups)
- 0.5 cup sugar
- 1 teaspoon ground cinnamon
- 16 ounce athens phyllo shells frozen thawed
- 1 cup butter melted
- 12 ounce honey
- 16 ounce bacon crisp

Equipment

- food processor

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

Directions

- In large bowl of food processor, add walnuts, bacon, sugar, and cinnamon. Pulse until walnuts and bacon are chopped; set aside. (Be sure to fry the bacon to a crispy stage. Then it will chop up finely and evenly.)
- Cut phyllo into 13" by 9" rectangles. In greased 13" by 9" baking dish, place 1 phyllo sheet; brush with melted butter. Repeat with phyllo and butter to make 5 more layers, overlapping any small strips of phyllo to make rectangles, if necessary.
- Over phyllo in baking dish, sprinkle 1 cup walnut mixture.
- Repeat steps 2 and 3 to make 3 more layers (4 layers total).
- Place remaining phyllo on top of last walnut layer; brush with butter.
- With sharp knife, cut just halfway through layers in triangle or diamond pattern.
- Bake in 300 degree oven for 1 hour and 25 minutes or until top is golden brown.
- In small saucepan over medium-low heat, heat honey until hot but not boiling. Evenly spoon hot honey over hot baklava.
- Cool Baklava in dish on wire rack at least 1 hour; cover with foil and let stand at room temperature until serving.
- To serve, finish cutting, with a sharp knife, through layers to make triangles or diamonds.

Nutrition Facts

PROTEIN 7.62% **FAT 64.54%** **CARBS 27.84%**

Properties

Glycemic Index:8.22, Glycemic Load:9.27, Inflammation Score:-3, Nutrition Score:5.985652173913%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg

Taste

Sweetness: 70.43%, Saltiness: 59.17%, Sourness: 9.92%, Bitterness: 29.07%, Savoriness: 51.4%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 395.15kcal (19.76%), Fat: 30.13g (46.36%), Saturated Fat: 8.53g (53.33%), Carbohydrates: 29.23g (9.74%), Net Carbohydrates: 27.9g (10.14%), Sugar: 16.3g (18.11%), Cholesterol: 32.81mg (10.94%), Sodium: 226.24mg (9.84%), Protein: 8.01g (16.02%), Manganese: 0.67mg (33.67%), Copper: 0.31mg (15.71%), Phosphorus: 95.5mg (9.55%), Magnesium: 32.65mg (8.16%), Vitamin B1: 0.12mg (7.81%), Vitamin B6: 0.16mg (7.78%), Selenium: 4.96µg (7.09%), Zinc: 0.85mg (5.66%), Fiber: 1.34g (5.36%), Vitamin B3: 0.99mg (4.97%), Vitamin A: 247.38IU (4.95%), Folate: 19.09µg (4.77%), Iron: 0.7mg (3.88%), Potassium: 130.85mg (3.74%), Vitamin B2: 0.05mg (3.12%), Vitamin E: 0.43mg (2.9%), Calcium: 23.46mg (2.35%), Vitamin B5: 0.23mg (2.33%), Vitamin B12: 0.11µg (1.84%), Vitamin K: 1.2µg (1.14%)