

Indian Baklava

READY IN



45 min.

SERVINGS



3

CALORIES



1789 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds raw
- ☐ 1 teaspoon cardamom
- ☐ 1 lb filo frozen thawed
- ☐ 1 cup ghee toasted (clarified butter)
- ☐ 0.5 teaspoon nutmeg
- ☐ 4.5 teaspoons rosewater
- ☐ 0.1 teaspoon saffron threads
- ☐ 1.5 cups sugar
- ☐ 3 tablespoons pistachios unsalted shelled finely

☐ 0.5 cup walnuts raw

Equipment

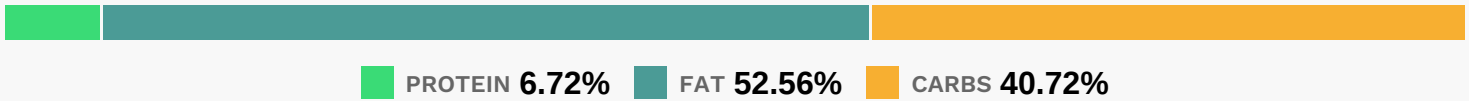
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ baking pan
- ☐ wooden spoon
- ☐ kitchen towels
- ☐ mortar and pestle
- ☐ cheesecloth

Directions

- ☐ Crush saffron with a mortar and pestle or on a plate with the handle of a wooden spoon. In a small saucepan, mix sugar, 3/4 cup water, and the saffron. Cook over medium-low heat, stirring often, until liquid is reduced to 1 1/2 cups, about 5 minutes.
- ☐ Let cool, then stir in rose water.
- ☐ Preheat oven to 32
- ☐ In a food processor, whirl walnuts, almonds, cardamom, and nutmeg until nuts are coarsely ground.
- ☐ Unroll filo with a long side facing you and cut in half into two 9- by 13-in. pieces. Stack pieces and cover with a kitchen towel to keep from drying out.
- ☐ Brush bottom and sides of a 9- by 13-in. baking dish with ghee. Peel off 1 sheet filo, lay in pan, and brush with ghee.
- ☐ Layer 12 more sheets on top, brushing each with ghee (it's okay if some sheets are torn or not fitting evenly in pan).
- ☐ Sprinkle half the nut mixture over filo.

- ☐ Lay another sheet of filo on top, gathering it to fit into pan and brushing with ghee. Repeat with 12 more sheets of filo, buttering each.
- ☐ Sprinkle on remaining nut mixture.
- ☐ Layer remaining sheets of filo on top, buttering each as before.
- ☐ Cut baklava into 35 squares.
- ☐ Bake until top is golden and crisp and edges pull away from pan sides, 1 1/2 to 1 3/4 hours. Cool pan on a rack 30 minutes.
- ☐ Pour saffron syrup over baklava.
- ☐ Let sit to absorb most of the syrup, at least 3 hours (overnight is better).
- ☐ Sprinkle each square with 1/4 tsp. ground pistachios.
- ☐ *Find saffron, rose water, and ghee at well-stocked grocery stores and Indian markets. To make ghee, simmer butter until golden, 10 to 20 minutes.
- ☐ Pour through a cheesecloth-lined strainer and store airtight.

Nutrition Facts



Properties

Glycemic Index:81.7, Glycemic Load:70.38, Inflammation Score:-2, Nutrition Score:15.888260867285%

Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 1789.2kcal (89.46%), Fat: 112.55g (173.16%), Saturated Fat: 40.17g (251.04%), Carbohydrates: 196.23g (65.41%), Net Carbohydrates: 190.17g (69.15%), Sugar: 102.59g (113.98%), Cholesterol: 153.6mg (51.2%), Sodium: 318.39mg (13.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.38g (64.77%), Manganese: 1.6mg (79.78%), Vitamin E: 6.56mg (43.72%), Copper: 0.76mg (37.96%), Magnesium: 113.43mg (28.36%), Phosphorus: 253.37mg (25.34%), Fiber: 6.06g (24.26%), Vitamin B2: 0.36mg (20.94%), Vitamin B6: 0.31mg (15.25%), Vitamin B1:

0.22mg (14.71%), Iron: 2.2mg (12.23%), Potassium: 420.74mg (12.02%), Zinc: 1.76mg (11.73%), Calcium: 103.21mg (10.32%), Folate: 37.4µg (9.35%), Vitamin B3: 1.3mg (6.48%), Selenium: 4.02µg (5.74%), Vitamin B5: 0.3mg (2.99%), Vitamin K: 2.48µg (2.36%), Vitamin C: 0.85mg (1.03%)