



Individual Apple Strudels

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



401 kcal

DESSERT

Ingredients

- ☐ 1.5 pounds apples diced peeled
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 cup chop roasted peanuts shelled
- ☐ 0.5 teaspoon ground cardamom
- ☐ 32 sheets dough whole-wheat frozen thawed ()
- ☐ 2 tablespoons powdered sugar
- ☐ 0.3 cup sugar
- ☐ 3 tablespoons butter unsalted melted

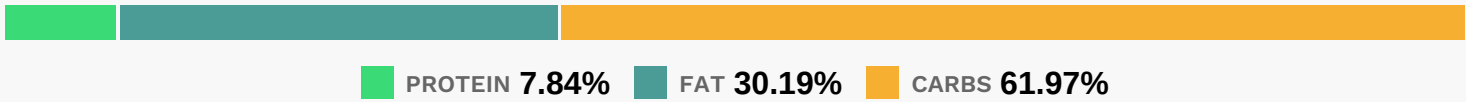
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ cutting board

Directions

- ☐ Preheat oven to 37
- ☐ Place pistachios in a food processor; process until finely ground.
- ☐ Combine apple, turbinado sugar, cornstarch, and cardamom in a large bowl; toss well.
- ☐ Stack 2 phyllo sheets on a large cutting board or work surface (cover remaining dough to keep from drying). Lightly brush phyllo stack with butter; sprinkle with about 1 tablespoon ground pistachios. Top with 2 more phyllo sheets. Spoon about 1/2 cup apple mixture along 1 short edge of phyllo stack, leaving a 2-inch border on all sides. Fold over the long edges of phyllo to cover about 1 1/2 inches of apple mixture on each end. Starting at short edge with 2-inch border, roll up jelly-roll fashion. (Do not roll tightly, or the strudel may split.)
- ☐ Place strudel, seam side down, on a baking sheet lined with parchment paper. Repeat procedure with remaining phyllo sheets, butter, pistachios, and apple mixture to form 8 strudels total.
- ☐ Pierce each strudel 2 times with a fork.
- ☐ Brush tops with remaining butter.
- ☐ Bake at 375 for 35 minutes or until crisp and golden brown.
- ☐ Sprinkle evenly with 2 tablespoons powdered sugar.
- ☐ Serve strudels warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:17.75, Inflammation Score:-5, Nutrition Score:10.680000104334%

Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 401.06kcal (20.05%), Fat: 13.63g (20.97%), Saturated Fat: 4.56g (28.52%), Carbohydrates: 62.94g (20.98%), Net Carbohydrates: 58.63g (21.32%), Sugar: 17.6g (19.56%), Cholesterol: 11.29mg (3.76%), Sodium: 407.29mg (17.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.97g (15.93%), Manganese: 0.63mg (31.28%), Vitamin B1: 0.44mg (29.36%), Selenium: 18.67µg (26.67%), Vitamin B3: 4.53mg (22.63%), Folate: 78.68µg (19.67%), Vitamin B2: 0.3mg (17.77%), Fiber: 4.32g (17.27%), Iron: 2.74mg (15.21%), Phosphorus: 102.06mg (10.21%), Magnesium: 32.89mg (8.22%), Copper: 0.14mg (7.12%), Potassium: 211.22mg (6.03%), Vitamin E: 0.8mg (5.32%), Vitamin B6: 0.1mg (5.09%), Vitamin C: 3.94mg (4.77%), Zinc: 0.68mg (4.55%), Vitamin B5: 0.42mg (4.18%), Vitamin K: 4.14µg (3.94%), Vitamin A: 177.12IU (3.54%), Calcium: 21.43mg (2.14%)