



Lemon-Cream Cheese Strudel

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



412 kcal

DESSERT

Ingredients

- ☐ 16 oz cream cheese
- ☐ 1 large eggs
- ☐ 1 tablespoon granulated sugar
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.5 cup powdered sugar
- ☐ 1 sheet puff pastry frozen thawed (half of a 17-oz. package)

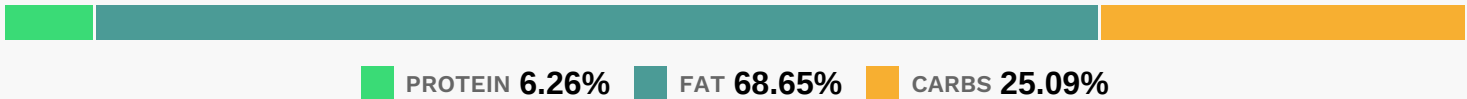
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ spatula
- ☐ rolling pin

Directions

- ☐ Unfold pastry on a lightly floured board. With a floured rolling pin, roll pastry into a neat 10- by 14-inch rectangle.
- ☐ In a bowl, with a mixer, beat cream cheese, egg, powdered sugar, lemon peel, and lemon juice until well blended.
- ☐ Spoon cream cheese mixture down center of longest dimension of pastry to within 1 inch of each end; spread evenly to make a 4-inch-wide band. Fold 1 long pastry edge over filling; brush top of edge with water. Fold remaining edge over filling, overlapping opposite side of pastry. Pinch pastry ends to seal. With 2 wide spatulas, gently lift the roll and lay, seam down, on a lightly buttered 14- by 17-inch baking sheet. With a sharp knife, make shallow slashes at 1-inch intervals across the pastry.
- ☐ Sprinkle pastry evenly with granulated sugar.
- ☐ Bake in a 400 regular or convection oven until strudel is deep golden brown, 25 to 30 minutes.
- ☐ Let cool on pan at least 5 minutes.
- ☐ Serve warm or cool.
- ☐ Cut into 6 to 8 equal slices and transfer to plates.

Nutrition Facts



Properties

Glycemic Index:19.14, Glycemic Load:9.37, Inflammation Score:-5, Nutrition Score:6.075217322163%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 411.61kcal (20.58%), Fat: 31.78g (48.89%), Saturated Fat: 14.6g (91.27%), Carbohydrates: 26.14g (8.71%), Net Carbohydrates: 25.64g (9.32%), Sugar: 11.27g (12.52%), Cholesterol: 80.52mg (26.84%), Sodium: 263.36mg (11.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.04%), Selenium: 14.26µg (20.38%), Vitamin A: 795.76IU (15.92%), Vitamin B2: 0.25mg (14.58%), Vitamin B1: 0.14mg (9.2%), Phosphorus: 91.6mg (9.16%), Folate: 32.34µg (8.08%), Manganese: 0.16mg (7.9%), Vitamin B3: 1.34mg (6.68%), Calcium: 62.1mg (6.21%), Vitamin K: 6.14µg (5.85%), Iron: 0.96mg (5.36%), Vitamin E: 0.72mg (4.81%), Vitamin B5: 0.42mg (4.22%), Zinc: 0.53mg (3.53%), Vitamin B12: 0.18µg (3.01%), Potassium: 104.66mg (2.99%), Magnesium: 10.9mg (2.73%), Copper: 0.05mg (2.54%), Vitamin B6: 0.05mg (2.51%), Fiber: 0.49g (1.97%), Vitamin C: 1.05mg (1.27%)