



Mock Fruit Strudel with Ice Cream

READY IN



220 min.

SERVINGS



8

CALORIES



855 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 1 cup butter melted
- ☐ 4 tablespoons butter
- ☐ 6 ounce mrs richardson's butterscotch caramel sauce warmed the kind used as an ice cream topping
- ☐ 1 eggs lightly beaten for egg wash
- ☐ 2 tablespoons golden raisins
- ☐ 2 granny smith apples fresh diced cored peeled finely
- ☐ 1 tablespoon granulated sugar

- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup panko bread crumbs
- ☐ 16 ounce peaches diced finely canned
- ☐ 16 ounce pears diced finely canned
- ☐ 20 sheets phyllo dough for thickness number 4 based on 18 by 14-inch sheets which are often sold in packs of 18 to 20
- ☐ 1 small round cake cut into small cubes
- ☐ 2 tablespoons raisins
- ☐ 1 teaspoon vanilla extract
- ☐ 1 pint whipped cream

Equipment

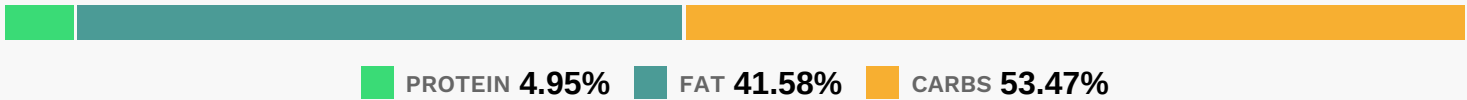
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a large skillet, melt the butter over medium heat and stir in apples, raisins, and golden raisins.
- ☐ Saute for about 5 to 7 minutes until they begin to caramelize.
- ☐ Add pears, peaches, vanilla, cinnamon, and brown sugar and cook for 5 more minutes.
- ☐ Remove from heat and allow to cool to room temperature.
- ☐ Preheat oven to 350 degrees F.
- ☐ If phyllo was defrosted, make sure it is completely defrosted before handling it. Once removed from package, you will need to cover phyllo with waxed paper and a damp towel to prevent it from drying out. Working with 1 sheet at a time, lay out a dough sheet on a baking sheet and brush on butter.
- ☐ Lay another sheet on top and butter again, repeating for all the phyllo sheets, until you have a stack of 1

- ☐ Start another stack of 10 on a separate baking sheet and butter in between each sheet in the same way.
- ☐ Fold cubed pound cake and bread crumbs into the fruit mixture. (This will absorb enough of the moisture to prevent the phyllo from breaking down.)
- ☐ Spread the fruit mixture evenly over each stack of prepared phyllo and gently roll up the dough from the longest side, folding the ends shut as you go.
- ☐ Brush with egg wash and sprinkle with granulated sugar.
- ☐ Bake in oven until golden brown, about 30 to 40 minutes.
- ☐ Remove from oven and cool completely.
- ☐ Serve at room temperature with a scoop of vanilla ice cream and warm caramel sauce.

Nutrition Facts



Properties

Glycemic Index:62.32, Glycemic Load:27.8, Inflammation Score:-8, Nutrition Score:16.395217522331%

Flavonoids

Cyanidin: 2.97mg, Cyanidin: 2.97mg, Cyanidin: 2.97mg, Cyanidin: 2.97mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg Epicatechin: 6.88mg, Epicatechin: 6.88mg, Epicatechin: 6.88mg, Epicatechin: 6.88mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 855.15kcal (42.76%), Fat: 40.33g (62.05%), Saturated Fat: 23.51g (146.93%), Carbohydrates: 116.7g (38.9%), Net Carbohydrates: 110.62g (40.22%), Sugar: 66.71g (74.12%), Cholesterol: 160.79mg (53.6%), Sodium: 885.59mg (38.5%), Alcohol: 0.17g (100%), Alcohol %: 0.06% (100%), Protein: 10.8g (21.6%), Vitamin B1: 0.48mg (32.11%), Vitamin B2: 0.53mg (31.25%), Selenium: 21.18µg (30.25%), Vitamin A: 1463.94IU (29.28%), Manganese: 0.54mg (27.04%), Fiber: 6.08g (24.32%), Phosphorus: 221.12mg (22.11%), Folate: 83.55µg (20.89%), Iron: 3.66mg (20.36%), Vitamin B3: 3.93mg (19.67%), Calcium: 166.22mg (16.62%), Potassium: 491.37mg (14.04%), Copper:

0.24mg (12.07%), Vitamin E: 1.77mg (11.83%), Vitamin B5: 1.03mg (10.27%), Magnesium: 39.44mg (9.86%), Vitamin K: 9.83µg (9.37%), Vitamin C: 7.65mg (9.27%), Zinc: 1.28mg (8.5%), Vitamin B12: 0.49µg (8.24%), Vitamin B6: 0.15mg (7.72%), Vitamin D: 0.3µg (2.02%)