

Mushroom Strudel

 Vegetarian

READY IN



1500 min.

SERVINGS



32

CALORIES



21 kcal

Ingredients

- ☐ 0.5 ounce the following: parmesan rind) dried ()
- ☐ 0.3 cup wine dry white
- ☐ 2 tablespoons flat parsley finely chopped
- ☐ 2 tablespoons butter unsalted melted
- ☐ 12 inch sheets dough frozen thawed (17-by 12-inch)
- ☐ 0.3 cup shallots finely chopped (2 large)
- ☐ 2 tablespoons butter unsalted
- ☐ 0.5 cup water
- ☐ 0.5 pound mushrooms fresh white trimmed halved lengthwise

Equipment

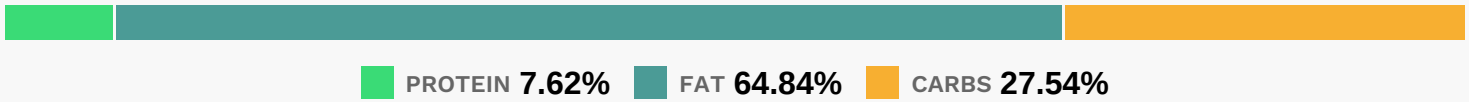
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ sieve
- ☐ plastic wrap
- ☐ serrated knife

Directions

- ☐ Soak porcini in boiling-hot water in a small bowl until softened, about 10 minutes. Lift out porcini and squeeze excess liquid back into bowl. Rinse porcini well to remove any grit. Strain soaking liquid through a sieve lined with a dampened paper towel into another bowl and reserve.
- ☐ Pulse porcini and white mushrooms in a food processor until finely chopped (but not minced).
- ☐ Cook shallots in butter in a large heavy skillet over medium heat, stirring, until beginning to soften, about 1 minute.
- ☐ Add mushrooms, reserved soaking liquid, wine, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook, stirring occasionally, until liquid has evaporated, about 8 minutes. Stir in parsley, then spread filling on a plate and chill, uncovered, until cold, about 10 minutes.
- ☐ Preheat oven to 425°F with rack in middle.
- ☐ While filling chills, put stack of phyllo sheets on a work surface and cut in half crosswise, then stack halves and cover with plastic wrap.
- ☐ Remove 1 phyllo sheet from stack (keep remaining sheets covered) and arrange with a long side nearest you, then lightly brush with some duck fat. Top with another phyllo sheet and brush with fat.

- ☐ Spread about one fourth of mushroom filling in a narrow strip along edge nearest you to within 1/4 inch of each end, then roll up phyllo tightly around filling, leaving ends open.
- ☐ Transfer roll, seam side down, to a baking sheet and make 3 more rolls in same manner, transferring to baking sheet.
- ☐ Bake until golden brown, 12 to 14 minutes. Cool slightly on baking sheet on a rack, then brush length of each roll with a very thin line of truffle oil (if using) with tip of a cotton swab. Gently cut each roll crosswise into 8 pieces with serrated knife.
- ☐ Serve strudel warm or at room temperature.
- ☐ •Mushroom filling can be made 2 days ahead and chilled (covered once cool).•Strudels can be assembled (but not baked) 1 day ahead and chilled, or 2 weeks ahead and frozen, wrapped well in plastic wrap.
- ☐ Bake (do not thaw first) in a preheated 350°F oven 20 minutes.

Nutrition Facts



Properties

Glycemic Index:4.59, Glycemic Load:0.32, Inflammation Score:-1, Nutrition Score:1.1369565281531%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Nutrients (% of daily need)

Calories: 21.22kcal (1.06%), Fat: 1.51g (2.32%), Saturated Fat: 0.92g (5.74%), Carbohydrates: 1.44g (0.48%), Net Carbohydrates: 1.23g (0.45%), Sugar: 0.32g (0.35%), Cholesterol: 3.76mg (1.25%), Sodium: 5.85mg (0.25%), Alcohol: 0.19g (100%), Alcohol %: 1.37% (100%), Protein: 0.4g (0.8%), Vitamin K: 4.27µg (4.07%), Copper: 0.05mg (2.47%), Vitamin B2: 0.04mg (2.29%), Vitamin B5: 0.22mg (2.15%), Vitamin B3: 0.37mg (1.83%), Selenium: 1.13µg (1.61%), Vitamin A: 64.87IU (1.3%), Potassium: 39.35mg (1.12%), Manganese: 0.02mg (1.06%), Phosphorus: 10.12mg (1.01%)